



You don't need the perfect words to help someone.

How to recognise when someone may be struggling, and how to start a conversation.





The signs are rarely dramatic.

There is no single sign. But lasting changes are worth noticing.

Withdrawing from people. Sleeping much more or less. Feeling trapped or like a burden. Giving away valued possessions. Sometimes, an unexpected sense of calm after a long period of distress.

Trust your instincts if something doesn't feel right.





There isn't a perfect script.

Choose a quiet moment and start with what you've noticed.

"I've noticed you haven't seemed yourself lately. I'm here if you want to talk."

If you're worried about suicide, ask directly:

"Have you been thinking about suicide?"

Asking won't put the idea into someone's head. It can help them feel safe to talk.





You don't have to fix it.

Listen without judging. Take what they say seriously. Help them find support and check in again afterwards.

Avoid questions like:

“You’re not going to do anything silly, are you?”

If someone is in immediate danger, stay with them and **call 999.**



You don't have to do this alone.

HealthHero is here to help. Speak with qualified counsellors through your EAP.

You can also find support and practical guidance from organisations such as **Zero Suicide Alliance** and **Mental Health Matters**.

We're with you every step of the way.