

Suicide crisis (n). A crisis where a person thinks of suicide. Not all suicide crises lead to attempts; in fact, suicide attempts occur in a relatively small portion of suicide crises. When someone helps a person in suicide crisis, we call it 'intervention.' Call or text 1-800-231-1127 (24/7)



leading cause of death in Michigan

2nd leading

cause of death for ages 15-34

4th leading

cause of death for ages 35-54

8th leading

cause of death for ages 55-64

19th leading

cause of death for ages 65 & older

How to Talk About Suicide

The language you use to discuss suicide matters.

For immediate assistance Contact

Common Ground at 1-800-231-1127

Problematic

Preferred

NEGATIVE VIEW of SELF MAKING SUICIDE





"Committed suicide"

"Died by suicide"

The word "committed" is associated with criminal behavior or sin. Changing the phrase decriminalizes the act.

SUBSTANCE

GIVING things AWAY

Making funeral ARRANGEMENTS

Suicide WARNING SIGNS AGGRESSIVENESS and IRRITABILITY



FEELING LIKE A
BURDEN

ENGAGING ● "risky" BEHAVIORS

SELF-HARM like CUTTING ehaviours FREQUENTLY TALKING about

DRASTIC changes in MOOD and LY BEHAVIOL "Failed suicide"

"Suicide attempt"

Words that glamorize suicide attempts, like "failed" or "unsuccessful" should be avoided.

"Successful suicide"

"Took their own life"

The word "successful" suggests that suicide is the desired outcome.