
A Script for the First Conversation

For anyone worried about someone they love. (Chapter 15)

- **Opening:** “(Their name), can we talk for a minute? It’s nothing to worry about.”
- **I’ve noticed:** “For a few weeks now I’ve noticed you _____.”
- **I’m worried:** “I’m saying this because I care about you, not because you’ve done anything wrong.”
- **Open question:** “How have you been feeling lately?” Then listen.
- **The hard question (if there are signs):** “Sometimes people feel so low they think about not wanting to live. Are you thinking about suicide?”
- **I’m here:** “You don’t have to carry this alone. If you want, I’ll help you find someone to talk to, and I’ll go with you.”
- **Closing:** “Thank you for telling me.” Or: “That’s okay. Whenever you want to, I’m still here.”

If the answer is “yes” and they have a plan or clear intent: don’t leave them alone; contact a crisis line or emergency services now.

