

Students - How to Respond as a Friend
13 Reasons Why Not: Preventing Teen Suicide
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- Practice active listening by acknowledging your friend, responding verbally, summarizing what you hear, looking like you're listening (<https://suicidepreventionlifeline.org/help-someone-else/>)
- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you and having a big reaction may also prevent that person from confiding in you again.
- Offer hope that alternatives are available.
- Take action. Remove means, like weapons or pills.
- Use the suicide safety features on social media platforms (available on Twitter, Facebook, and Instagram).
- Don't be sworn to secrecy (do not promise confidentiality). Tell a trusted adult like a parent or teacher.
- Tell a psychologist or counselor at your school. Offer to go with your friend to talk, but if he/she refuses to go, tell the psychologist or counselor anyway. (most schools offer a way to share information anonymously, via "Text to Tip").

Say Something
Anonymously report safety concerns, bullying & suspicious behavior

EHS TipTxt: 714-462-4793

FVHS Safe 2 Speak: go to FVHS.com > "Students" tab > Safe 2 Speak form

HBHS Text to Tip: 714-462-4789

OVHS Text to Tip: 714-462-4792

WHS WE TIP: 1-800-78-CRIME

Use Suicide Safety Features on Social Media

Twitter

Report self harm

Please use this form only to report possible threats of suicide or any other form of self harm you notice on Twitter. For further information on Twitter's policy regarding self-harm, please visit our [Help Center article on Trusted Resources](#).

Reported account

Reported Twitter username

@

Description of problem

Security reminder: don't disclose private information (e.g. your address or phone number).

Reported Tweet

Link to Tweet (optional)

Your information

Full name

Twitter username (optional)

@

Instagram

To report threats of suicide or self-harm on Instagram: Tap "..." below the post, Tap Report > Select This Photo Puts People At Risk > Self-Harm.

Facebook

Report Suicidal Content

IMPORTANT: If you've encountered a direct threat of suicide on Facebook, please contact law enforcement or a suicide hotline immediately. If the person you're worried about is a member of the US military community, be sure to mention this so they can provide this person with custom support.

Full name of the person who posted the content

As it appears on Facebook

Link (URL) to this person's profile

[https://www.facebook.com/...](https://www.facebook.com/)

Please provide a link to the content you're trying to report so we can investigate. To get a link to the exact content you want to report:

1. Find the content (ex: photo, video, comment) you want to report
2. If this content is on someone's Timeline, click on the date/time it was posted (ex: 27 minutes, May 30 at 7:30pm)
3. Copy the URL from your browser's address bar.



Link (URL) to the content

[https://www.facebook.com/...](https://www.facebook.com/)

Screenshot

Optional

No file chosen

[Learn how to upload a screenshot](#)

Additional info

(Ex: a copy of what was posted, if you can't provide the link)