Feeling suicidal is not a direct result of being transgender. Transphobia and discrimination play a large role in some people feeling inferior and may lead to depression and suicidal thoughts. Most people who are feeling depressed or desperate enough to consider suicide give clues to how they’re feeling. A first step towards help for someone you care about is to learn to recognize these clues about risk for suicide:

### Warning Signs

Feeling suicidal is not a direct result of being transgender. Transphobia and discrimination play a large role in some people feeling inferior and may lead to depression and suicidal thoughts. Most people who are feeling depressed or desperate enough to consider suicide give clues to how they’re feeling. A first step towards help for someone you care about is to learn to recognize these clues about risk for suicide:

### Verbal Statements
- "I want to kill myself."
- "No one would miss me if I were gone."
- "Things will never get better."

### Any Form of Significant Loss
- A loved one or job.
- Financial problems.
- Family and social supports.
- Physical abilities.

### Acting Differently
- Changes in mood – more withdrawn, anxious, sad or a sudden mood lift after a down period.
- Changes in eating or sleeping habits.
- Suddenly taking more risks.
- Suddenly not caring about appearance or cleanliness – experimenting with appearance does not indicate thinking about suicide.
- Looking for ways or means to kill oneself.
- No interest in doing things that were once enjoyed.
- Purging of any items connected to being transgender.

Some people experience significant changes in feelings and actions when first starting hormones. This is not an indication of suicidality. Some other medications may cause suicidal thoughts or feelings and should be evaluated by a medical provider.
GETTING HELP

Anyone can feel suicidal, but the feeling doesn’t last forever. Getting help for someone who is feeling suicidal can save their life – the more helpers the better. Never keep the secret that someone is suicidal.

Someone who is suicidal or their helpers may get assistance from:

- Samaritans: 877-870-HOPE (4673)
- Trevor Helpline: 866-4-U-TREVOR (866-488-7386) - Serves GLBT youth.
- A counselor or therapist with knowledge of transgender issues.
- A trans-friendly nurse or doctor (check resource list on www.MassTPC.org)
- International resource: www.befrienders.org/

IF THE PERSON IS IN IMMEDIATE DANGER CALL 911 OR GO TO A LOCAL HOSPITAL EMERGENCY ROOM

Some things to remember:

- If you are not physically present with the person who is in crisis, try to find out where the person is right then and get help to them.
- If the first helper you try doesn’t give you the help you need, try another one.
- If the suicidal person won’t agree to get help, tell someone right away. It is better to have them mad at you but alive because you got help.

LISTENING TO SOMEONE:

- Shows that you care.
- Gives them a greater sense of control.
- Helps them feel connected to someone else.
- Encourages the person to talk even when it’s difficult.

LISTENING TO ONESELF:

- Sense of humor.
- Connection to peers.
- Supportive friends, family or chosen family.
- Problem solving skills.
- Effective coping skills.
- Ability to express emotions in a helpful way.
- Ability to ask for help.
- Connection to spiritual community.
- Helpful outlook.

EMERGENCY HELP

- Stay calm. This can feel scary or out of control, but the person you are helping feels more out of control than you do and needs you to be calm.
- Don’t leave the suicidal person alone. Most people won’t attempt suicide unless they’re alone.
- Call 911 and stay on the phone until help arrives.

ASK LISTENING TIPS

<table>
<thead>
<tr>
<th>DO:</th>
<th>LISTENING TO SOMEONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Give the person all of your attention.</td>
<td>Shows that you care.</td>
</tr>
<tr>
<td>Tell her or him that you care and that you are glad that they are talking to you.</td>
<td>Gives them a greater sense of control.</td>
</tr>
<tr>
<td>Ask questions that help you to better understand how she or he is feeling.</td>
<td>Helps them feel connected to someone else.</td>
</tr>
<tr>
<td>Validate their feelings.</td>
<td>Encourages the person to talk even when it’s difficult.</td>
</tr>
<tr>
<td>Allow the person quiet time to think</td>
<td></td>
</tr>
</tbody>
</table>

| DON’T: | |
| Don’t panic. | |
| Don’t try to solve the person’s problems. | |
| Don’t give advice that wasn’t asked for. | |
| Don’t say that the person’s actions or feelings are wrong and unimportant. | |
| Don’t tell the person about your own problems. | |
| Don’t feel like you have to fill up every quiet moment. | |

If the answer is "yes", keep listening and assure the person that you are there to listen and that they are not alone.

If the answer is "no," keep listening and assure the person that you are there to listen and that they are not alone.

Assist the person to get support and help through professional services.

Stay with the person and call 911 or take them to the nearest emergency room.

Ask the question directly: “Are you thinking of killing yourself?”

If the answer is "yes", keep listening and assure the person that you are there to listen and that they are not alone.

If the answer is "no", keep listening and assure the person that you are there to listen and that they are not alone.

Ask: “Have you decided when you will kill yourself?”

Yes, but at a future time or date

Stay calm

Yes – within the next 24 hours

Stay with the person and call 911 or take them to the nearest emergency room

IF THE PERSON IS IN IMMEDIATE DANGER CALL 911 OR GO TO A LOCAL HOSPITAL EMERGENCY ROOM

Some things to remember:

- If you are not physically present with the person who is in crisis, try to find out where the person is right then and get help to them.
- If the first helper you try doesn’t give you the help you need, try another one.
- If the suicidal person won’t agree to get help, tell someone right away. It is better to have them mad at you but alive because you got help.