

How do I help someone who has posted suicidal content on Facebook or another social media site?

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If you have encountered a direct threat of suicide on Facebook or another social media site, we recommend you encourage the user to contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Support from a friend can be instrumental in getting a person the help that he or she needs. Crisis workers at the Lifeline are available 24/7 and the call is free and confidential.

If you do not want to post directly to the user's Facebook page or other profile, you can also:

- Submit a report of suicidal content to Facebook by clicking [here](#), and/or
- Call the Lifeline at 1-800-273-TALK(8255) directly for guidance in how to support the user.

In addition to either of the above, if you believe that the user is in immediate danger of suicide (and you have contact information for this user), please contact 911.

We encourage you to learn about the warning signs of suicide as well as how to respond by visiting the following pages:

- www.suicidepreventionlifeline.org
- If you have encountered a direct threat of suicide on Facebook or another social media platform, and the user is located outside the United States, we recommend that you encourage the user to contact a crisis line directly. Listed below is information about crisis lines around the world:

United Kingdom: The Samaritans at 08457 90 90 90

Republic of Ireland: The Samaritans at 1850 609090

Other Countries: A list of suicide prevention hotlines can be found at either [Befrienders](#) or [International Association for Suicide Prevention](#).

If you believe that the user is in immediate danger of suicide (and you have contact information for this user), *please contact your local law enforcement.*

We encourage you to learn about the warning signs of suicide as well as how to respond by visiting the following pages:

- [National Suicide Prevention Lifeline](#)
- [Samaritans](#)