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Reporting Suicidal Comments Made on Social Media

Sometimes on social media, we may come across a comment or post someone has made about the possibility of suicide. Whether it is made by a loved one, friend, or a complete stranger it is important to take it seriously. If you feel their life is in immediate danger, dial 9-1-1 and ask for a well-being check.

The 9-8-8 Suicide & Crisis Lifeline has caring crisis counselors available 24/7 to help support you and talk through your concerns. Reach out by calling and/or texting 9-8-8, or start an online chat with a trained crisis worker – find information here. They can help develop next steps based on the individual situation. Sometimes, that plan might involve contacting the social media outlet where the comment was made.

You may also contact social media site safety teams who can connect directly to the person you are concerned about.

Support on Social Media has step by step instructions for many popular social media sites, plus tips and other information.

For more information, call 988 or search our online database:
www.helplinecenter.org/9-8-8
Select Search 988 Resources
Enter your Zip Code

Sources: https://988lifeline.org/help-someone-else/safety-and-support-on-social-media/

Disclaimer: This HelpSheet is developed by the Helpline Center. HelpSheets provide a brief overview of the designated topic. For more information, call 211 or text your zip code to 898211.

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