



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.

If you don't have any other information about the individual other than the post on social media, you can alert the social media outlets through the following channels:

- **Facebook:** Click here to anonymously report someone as suicidal on Facebook. A member of Facebook's Safety Team will send the user an e-mail with the Lifeline number and possibly a link to chat with Lifeline counselor. Click here for a brief video, *From Reporting to Supporting*, to learn how to offer support.
- **X (formerly known as Twitter):** Click here to fill out the form to report possible threats of suicide or any other form of self-harm.
- **YouTube:** To report suicide or self-harm while watching a video, click "More..." Highlight and click "Report" in the drop-down menu. Click "Harmful dangerous acts," then "Suicide or self-injury." YouTube will review the video and may send a message to the uploader with the Lifeline number.
- **Instagram:** To report posts about suicide or self-harm on Instagram: Tap "..." below the post, Tap 'Report Inappropriate', Select 'This Photo Puts People At Risk > Self-Harm'.
- **Snapchat:** To report a safety concern, press and hold on that Snapchatter's name and tap the 'Gear' button. Then, tap 'Report' and reach out to Snapchat, and follow the prompts.

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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