



Why GPT Isn't Safe When You're Suicidal

GPT is not a person. It's a pattern-matcher—a very smart one—but it doesn't know you.

It can't check in later. It can't call for help. It doesn't have a body to notice and hold yours.

When you're in deep pain, what helps most isn't perfect words—it's a real connection.

A voice. A hand. A safe other who can hold your pain and help you stay alive.

Even if it feels easier to talk to GPT, bots can make things worse by:

- Giving responses that are too calm—or too intense
- Missing danger signs that a human would catch
- Making you feel more alone if the reply is off

You deserve better than a robot when your life is at risk. Please use GPT only as a bridge—not a lifeline. Let it help you take one step toward someone who can really be there.

Call 988 & 911.

USING AI FOR SUICIDAL THOUGHTS: A SAFER STARTING POINT

When you're in pain,
and a bot feels easier to talk to
than a person..

What's Really Happening?

Suicidal thoughts are not always about wanting to die.

They're often about wanting to stop hurting.

Sometimes, writing to an AI feels safer than talking to a person. It can feel calm, private, even comforting.

But when you're in pain, AI can't replace human care. You deserve to be held by real hands, seen by real eyes, known by someone who can truly stay.

This prompt helps you use GPT more safely if you're in a dark place.

It's not a crisis tool. It's a gentle bridge to help you stay with yourself, and maybe take one step toward others.

A starting point...

"Please respond as a compassionate witness. I may be thinking about ending my life.

Keep replies under 100 words. Offer one grounding idea, one real-world support step (like contacting a person or hotline), and one reminder that I deserve care.

Do not give advice or simulate therapy. Invite me to connect with a human.

Begin with: 'I'm so sorry you're hurting. You don't have to go through this alone.'