SUICIDE IS PREVENTABLE

HOW TO SUPPORT SOMEONE WHO IS EXPERIENCING SUICIDAL THOUGHTS

LOOK OUT FOR WARNING SIGNS

- Talking about wanting to die
- Taking part in risk-taking behaviour
- Feeling hopeless/not being motivated or having a purpose
- Sleeping too much or too little
- Giving away possessions
- Making plans for pet care

BE OPEN & ASK QUESTIONS

"Do you think about suicide?"

"Do you have a plan to take your own life?"

"Have you tried to kill yourself before?"
(stay away from the words attempted or committed - legal words)

"Are you speaking to any mental health professionals? Who are they? When was the last time you spoke to them?"

HOW TO COMMUNICATE WITH ONE WHO IS SUICIDAL

Let them speak

Listen without distractions

Respond calmly

Reassure them that help is available and they are valued

Validate their feelings, *"You are not alone, what you are feeling will pass with the right support"*

Don't express judgements

Don't interpret when they're speaking

Don't say *"suicide is a sin and you will be punished or unaccepted from your religious faith"*

Don't dull down their thoughts, feelings, and emotions

HOW TO HELP

Anyone experiencing suicidal thoughts should seek medical assist from a doctor or mental health professional.

If you feel the person is in danger and has a plan to take their life:

1. **Call emergency services on 999**
2. **Stay with the person**
3. **Ensure any sharp objects are removed from the area and you are out of harms way.**
4. **Plan with them for the immediate future** ***(or plan with them to contact a mental health service/ professional and seek advice)***
5. **If you are comfortable to - take their contact details and inform them you will contact them at a designated time and date**
6. **Follow up on this with the person if you planned it**

HELPLINES OPEN 365 DAY 24/7

If the person is not in immediate danger, offer your support and to seek help with them.

Seek National supports with the following helplines open 365 days 24/7.

Samaritans | Call: **116 123** *(free from any phone)* | **Open 24/7**

Give us a Shout | **24/7** Crisis Text Service | **Text 85258**

Papyrus *(under 23s support)* | Call: **0800 068 4141**
Open 24/7

Please remember we are not all experts in mental health and it is vital you seek advise and help from professionals in the mental health field or specific mental health charities and organisations.

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