

Suicidal thoughts can be interrupted

➤ Here's how you can help

If you think someone might be suicidal, take action, interrupt their thoughts and show them you care.

How to reach out to someone

Small interruptions you make and actions you take could help someone who is suicidal. There's no quick fix but in that moment, you could save their life.

➤ Start a conversation

It can be as simple as saying 'hello' or asking a question. Try not to worry about saying the wrong thing.

➤ Ask how they're feeling

Don't be afraid to ask if they're having suicidal thoughts. It gives them permission to tell you how they really feel.

➤ Be there for them in the moment

If you're worried about someone, stay with them and let them know you're there for them. **If you think it's an emergency or they've tried to harm themselves, call 999 in the UK or 112 in Ireland.**

➤ Listen without judgement

Give them a safe space to express how they feel. Try not to jump in with advice or opinions.

“If you're worried someone is having harmful thoughts, it's better to interrupt than not.”

Member of Samaritans' lived experience panel

Anyone can interrupt suicidal thoughts

We surveyed people with lived experience and the majority told us that their suicidal thoughts have been interrupted. Many respondents said their suicidal thoughts had been interrupted by someone close to them, while some said their suicidal thoughts had been interrupted by someone they didn't know.

For more tips visit samaritans.org/WSPD



Samaritans are here to listen

Call free day or night on 116 123