

Suicide. Let's talk.

Suicide can be prevented through education and intervention.
Here's how to support someone experiencing suicide thoughts or behaviour.

Learn to recognise the warning signs



- Watch out for changes in mood personality and behaviour
- People putting their affairs in order
- Be aware of unexpected changes such as an 'unexpected recovery'

Don't be afraid to ask someone if they are thinking of suicide



- This won't make them more likely to have suicide thoughts
- It's the most important question you can ask
- Ask clearly, directly, and with confidence

Know what to do in a crisis



- If someone is at immediate risk of suicide, dial **999**
- If someone is having thoughts of suicide encourage them to call Samaritans on **116 123**, or text 'SHOUT' to **85258**
- Don't leave the person alone
- Talk to them about what can help them stay safe
- If you're not able to approach them, dial **999**

Listening helps people know you care



- You don't need the answers
- Thank them for sharing their feelings with you
- Express empathy, even if you don't understand their behaviour or point of view
- Listen with the intent to understand what support they need right now

Keep checking-in



- Improvement doesn't mean that the risk of suicide is over
- Suicide thoughts and behaviour can return at any point
- Know your organisations procedures to follow

Boundaries



- Never agree to keep suicide thoughts or behaviour to yourself
- You may need to breach confidentiality to ensure a person's safety
- Follow your organisations procedures

Look after yourself



- Practise self-care following a suicide crisis
- Seek professional help if you need it

