

Suicide Prevention

HOW TO HELP SOMEONE WHO IS SUICIDAL

KNOW THE WARNING SIGNS:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself (online or in person)
- Feeling hopeless or having no purpose
- Drug and/or alcohol abuse
- Sleeping too little or too much
- Acting anxious, agitated, or reckless
- Showing rage or talking about seeking revenge



ASK QUESTIONS:

- “Do you ever you think about suicide?”
- “Do you have a plan to commit suicide or take your life?”
- “Have you attempted suicide before?”
- “Have you thought about when you would do it (today, tomorrow, next week)?”
- “Have you thought about what method you would use?”
- “Are you seeing your doctor or mental health professional regularly and often?”

Do's

- ✔ Let the person talk and LISTEN to them without judgement
- ✔ Reassure them that treatment and help is available
- ✔ Tell them what they are experiencing is treatable and that suicidal feelings are temporary

Don'ts

- ✘ Don't try to minimize problems or shame a person into changing their mind
- ✘ Don't try to convince a person who is suicidal that "it's not that bad"
- ✘ Don't preach about suicide being right or wrong

GET HELP!

A suicidal person should see a doctor or mental health professional immediately.

If the person has a plan to hurt or kill themselves and you fear they are in imminent danger:

- * Stay with the person
- * Get them to the nearest Emergency Department



CALL
9-1-1

* If you are not with them, keep the conversation going until you can connect them to help:

- o Ask questions about their plan
- o Listen to them
- o Reassure them that you are there for them and will help them find support

CRISIS TEXT LINE |

TEXT "HELLO" TO
741741

A 24/7 texting service providing support for those in crisis.

SOCIAL MEDIA



If a friend has posted suicidal content on Facebook, use the safety tool to get them help.



If a friend has posted suicidal content on Twitter, alert Twitter to get them help.

If you feel the person isn't in immediate danger, offer to work together to get help:

* Contact the National Suicide Prevention Lifeline

1-800-273-TALK



* Help them contact a mental health professional or go along to the first appointment.

* If you're in a position to help, don't assume that your persistence is unwanted or intrusive.

* Follow-up is important and make a plan to keep connected to the person

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