

WHAT TO DO IF YOU THINK SOMEONE IS AT RISK OF SUICIDE



- **E**valuate the situation
- **P**rompt communication
- **I**llustrate your concern
- **C**onversation

Start a

Evaluate the situation

- 1) Is there physical injury?
- 2) Notice the level of emotional/mental distress.
- 3) Is there immediate concern for the person's safety?
- 4) Should you call emergency services straightaway?

illustrate your concern

Show the person that you care.

Sharing your concerns with someone in an empathic manner will help them to feel listened to and allow you to both agree a plan to try and keep them safe.

Prompt communication

Some people will talk without prompting, while others may be too embarrassed to admit that they are having thoughts of suicide. However, careful and sensitive questioning is essential.

- 1) Ask have they made plans to end their life?
- 2) Have they told anyone about it?
- 3) Have they got any support, i.e., family, friends?

Conversation

Try these conversation starters:

- 1) "You seem really down to me. Are you having thoughts about ending your life?"
- 2) "It sounds like you're thinking of suicide. Is that how you feel?"
- 3) "Have you been troubled by thoughts of suicide?"

If immediate danger don't hesitate to call 999