

Talking about suicide can be scary.

But **talking openly about suicide can reduce the likelihood** that someone will act on their thoughts.

Don't know where to start?
Here are some tips...



Before you start the conversation, know your resources.

Be familiar with the support resources you have in your area.

Put the Samaritans number in your mobile phone
116 123.



Create a safe space.

Find a place for privacy and comfort.

Start with, "I've noticed ..."

Things like:

- a change in mood
- a change in behaviour or been through a significant life experience such as bereavement or divorce.



The only real way to know is to ask. If you observe behaviours or signs that worry you, ASK.

The worst thing that will happen if you're incorrect is that you may feel a bit embarrassed.



It's important not to say things like "you're not thinking of doing something stupid are you?"

This will cause the individual more pain and is likely to stop them from opening up to you.



Don't skirt around the topic.



Some compassionate ways of asking are:

"Sometimes when people are experiencing things similar to you, they consider taking their own life..."

"Are you thinking about suicide?"

"Have you had thoughts about ending your own life?"

Ask open questions and give them time.

Refrain from problem-solving and advice-giving. Instead, show them that they are being heard.

Remain calm and non-judgemental.



**Thank them for
sharing with you.
Let them know that
they are not alone.**

Offer them hope, let them
know about support
services available locally and
encourage them to seek help
with your support.



**Do not leave
someone alone if
they are actively
suicidal.**

**Call 999, or go
with them to
A&E.**



**Completing training can help
you to feel more confident.**

Check out what is available
locally here:

www.healthysomerset.co.uk/somerset-mental-health-training-offer



Scan here



If you are worried about yourself or
somebody you know, call Mindline
Somerset's 24/7 mental health
helpline: **0800 138 1692**