

SUPPORT TIPS

Helping Someone with Suicidal Thoughts



SOMETIMES, THE MOST POWERFUL THING WE CAN DO IS TO LISTEN

- Ask someone how they are *really* doing and create a safe space for them to open up.
- Actively listen. You don't need all the answers or to try to fix things.
- Just being there can make a huge difference.



SHOW EMPATHY AND CARE

Use compassionate and validating language:

- *"I'm here for you."*
- *"It's okay to feel this way. You're not alone."*



ASK DIRECT QUESTIONS

It's okay to ask about suicide - it won't put the idea in their head. It's the most important question you can ask:

"Are you thinking about ending your life?"

KNOW WHERE TO GET HELP

- Samaritans: Call 116 123 (free, 24/7)
- Shout Crisis Text Line: Text SHOUT to 85258
- Emergency services: Dial 999 if there is immediate risk.



SET BOUNDARIES

Never agree to keep suicidal thoughts or behaviours a secret

It's vital to speak up to keep someone safe.



STAY CONNECTED

Check in regularly. A simple message or call to ask how they're doing can make a big difference.

Improvement does not mean that the risk of suicide is over

Remember: Look after yourself. Supporting someone can be challenging. Practise self-care and seek support after any conversation about suicide.

WELLBEING
FIRST AID

— MENTAL HEALTH TRAINING —