SUICIDE IS PREVENTABLE

HOW TO SUPPORT SOMEONE WHO IS EXPERIENCING SUICIDAL THOUGHTS



- Talking about wanting to die
- Taking part in risk-taking behaviour
- Feeling hopeless/not being motivated or having a purpose
- Sleeping too much or too little
- Giving away possessions
- Making plans for pet care

BE OPEN & ASK QUESTIONS

"Do you think about suicide?"

"Do you have a plan to take your own life?"

"Have you tried to kill yourself before?" (stay away from the words attempted or committed - legal words)

"Are you speaking to any mental health professionals? Who are they? When was the last time you spoke to them?"

HOW TO COMMUNICATE WITH ONE WHO IS SUICIDAL

Let them speak

Listen without distractions

Respond calmly

Reassure them that help is available and they are valued

Validate their feelings, "You are not alone, what you are feeling will pass with the right support"





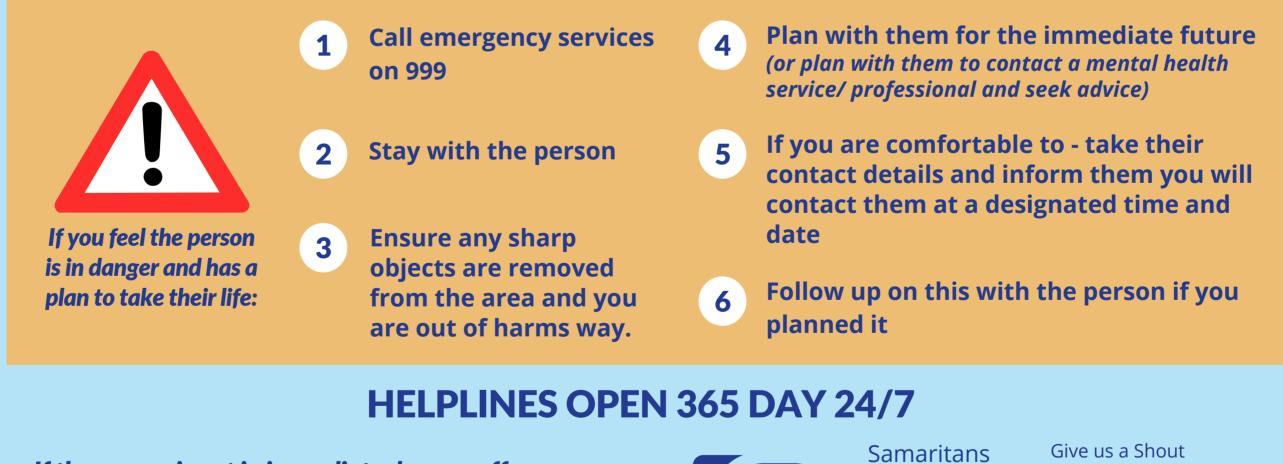
Don't interpret when they're speaking

Don't say "suicide is a sin and you will be punished or unaccepted from your religious faith"

Don't dull down their thoughts, feelings, and emotions

HOW TO HELP

Anyone experiencing suicidal thoughts should seek medical assist from a doctor or mental health professional.



If the person is not in immediate danger, offer your support and to seek help with them.

Seek National supports with the following helplines open 365 days 24/7.



Call: 116 123 (free from any phone) **Open 24/7**

a **24/7** Crisis Text Services **Text 85258**

The Mix (under 25s support) Call: 0808 808 4994 4pm - 11pm Everyday

Please remember we are not all experts in mental health and it is vital you seek advise and help from professionals in the mental health field or specific mental health charities and organisations.

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Supporting your Mental Health and Well-Being