Suicide. Let's talk.

Suicide is preventable through education and intervention.
Here's how to support someone experiencing suicide thoughts or behaviour.

Learn to recognise the warning signs

- Watch out for changes in personality and behaviour
- People putting their affairs in order

Don't be afraid to ask someone if they are thinking of suicide

- This won't make them more likely to have suicide thoughts
- It's the most important question you can ask

Know what to do in a crisis

- If someone is at immediate risk of suicide, dial **999**
- If someone is having thoughts of suicide encourage them to call Samaritans on **116 123**, or text 'SHOUT' to **85258**

Listening helps people know you care

- You don't need to have all the answers
- Thank them for sharing their feelings with you
- Express empathy, even if you don't understand their behaviour or point of view

Keep checking-in

- Improvement does not mean that the risk of suicide is over
- Most suicides occur within three months of the onset period of 'improvement'
- Suicide thoughts and behaviour can return at any point

Boundaries

- Never agree to keep suicide thoughts or behaviour confidential
- You may need to speak to others to ensure a person's safety

Look after yourself

- Practise self-care following a suicide crisis
- Seek professional help if needed

MHFA England

Find out more about suicide prevention at
mhfaengland.org/mhfa-centre/news/suicide-prevention-in-the-workplace/