



SUICIDE...

How to ask

Are you concerned that somebody you know is thinking about suicide?

The most important thing you can do to help is ask them.

“Are you thinking about suicide?”

No

Explain why you were worried and listen to what the person has to say.

You might want to suggest that they speak to their GP about how they're feeling, or look at other sources of support.

The person now knows they can speak to you about suicide in the future.

Yes

Listen to what the person has to say, how they are feeling and why. Remain calm.

Try not to judge the person. Treat what they say seriously and sensitively.

Discuss how they can keep safe and where you can find help together.

Agree how to contact the person's GP or call NHS 24.

Remember, you cannot be responsible for fixing the problems of the person.

The best you can do is listen and support them to find help.

You can find more suicide prevention information and resources at

www.samh.org.uk

Helpful contacts

Samaritans

116 123

NHS 24

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Breathing Space

0800 83 85 87

Shout UK

text 85258