

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

Breathing Space 0800 83 85 87

NHS 24 111

Shout UK text 85258

Write your own numbers here, eg GP:

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