

**SUICIDE...**

How to ask



for Scotland's mental health



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.



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.

(The numbers are on the reverse of this card).

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.

If you would like to speak to somebody  
about how to ask the question please  
visit our website [www.samh.org.uk](http://www.samh.org.uk)

Write your own numbers here, eg GP:

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## Helpful numbers

**SAMH: 0141 530 1000**

**Samaritans: 116 123**

**Breathing Space: 0800 83 85 87**

**NHS 24: 111**

**Shout UK: text 85258**

SAMH is the Scottish Association for Mental Health.

Scottish Charity No SC08897.