

### Step 3: Listen and give support

*“If you want to tell me more, I'm here to listen”*  
*“It sounds like you're dealing with a lot at the moment”*  
*“I'm really sorry you're feeling like this right now”*

Avoid responses which reject how they are feeling or lessen how they feel. Examples of what NOT to say:

*“Its not that bad”*  
*“Things will get better”*  
*“How could you be so selfish”*

### Step 4: Get help

**Get professional help:** This person is going to need help and support from others, not just you. It might be a GP, or other professional help, or family members or friends. It is important to get help as quickly as you can for yourself or the person you are concerned about.

## Finding support

#### Telephone support:

**Samaritans** is available 24 hours a day, 7 days a week. Call the free helpline on 116 123.

**The charity SANE** is available 7 days a week (6pm-11pm) 0845 767 8000

**Papyrus HOPEline** is a dedicated service for young people up to the age of 35. 0800 068 4141.

**Support through your GP.** Your GP can refer you to talking treatments, prescribe medication or refer you to specialist services.

#### Signposting and information:

Oxfordshire MIND can signpost you to local mental health services (01865 247788)

# Suicide Prevention



Suicide is complex. It usually occurs gradually, progressing from suicidal thoughts, to planning, to attempt suicide and finally dying by suicide. (International Association for Suicide Prevention).

Between 2003 and 2013, 18,220 people with mental health problems took their life in the UK.

In 2016, 5,688 suicides were recorded in the UK (75% were male and 25% female).

Suicide is the most common cause of death for men aged 20-49 years in England and Wales.

# Suicide Warning Signs

Everyones experience of suicidal thoughts is unique to them. You might feel unable to cope with the enduring difficult feelings you are experiencing. You may feel less like you want to die and more like you cannot go on living the life you have.

**There may not be any warning signs. People who have reached rock bottom can be very skilled at hiding their thoughts and feelings.**

## They MAY be:

- Experiencing feelings of worthlessness, guilt, shame and blame and wanting to be left alone.
- Looking for the means to commit suicide (pills, accessing guns or other objects, visiting suicide spots.).
- Not expressing interest in the future
- Tearful and overwhelmed by negative thoughts

## They may ALSO be:

- Living life as normal
- Going to work
- Busy
- Talking about future plans
- Laughing and joking
- Telling you not to worry about them

# How do you know if someone is experiencing suicidal thoughts?

Approach the person and **ASK** them. Saying something is safer than saying nothing.

## Some **COMMON FEARS**

“Would talking about suicide put the idea in her head?”  
No. If a person is suicidal, the idea is already there. If they aren’t suicidal, it won’t do any harm.

“What if I say the wrong thing? It could damage our relationship.”  
Showing a person that you care about them won’t damage your relationship. Saying nothing could result in you losing them forever.

## What to say?

### Step 1: Explore how they’re feeling:

*“You don’t seem yourself. Would it help to talk?”*  
*“How long have you been feeling like this?”*

### Step 2: Ask the ‘S’ question:

*“Are you having suicidal thoughts?”*