

CONVERSATIONS about SUICIDE

Asking someone if they are feeling suicidal can be a very daunting experience.

These guiding questions are designed to help you during this conversation so an individual can get the right help.

In a crisis it's important to remember to keep the person (and yourself) safe. Ways to do this include;

1. Staying with the person and keeping them calm
2. Letting the person know you care and you are here to listen
3. Supporting/encouraging the person to access help from friends, whanau or professionals such as a GP.

Now encourage the person to be assessed by a suitable health professional:

1. **GP** (if available immediately)
2. **School counsellor or public health nurse** (if suitable)
3. **Community key worker** (if they have one)
4. **Local DHB crisis team**
Sometimes you need to leave a message, and stay with the person
5. **Emergency Department**
Take the person to your local Emergency Department located at hospital.

FIRST, CHECK YOU ARE SAFE

The person has a specific plan, means and intent to carry it out, now what can you do?

WEAPONS, MEDICATION &/ OR OTHER MEANS PUTTING THEM AT IMMEDIATE DANGER. PHONE POLICE 111

1 Have you ever thought life isn't worth living? *and...*

2 Are you thinking about suicide?

NO

YES

NO, BUT YOU HAVE CONCERNS

Let the person know if they need support to call **0508 TAUTOKO (828 865)** Suicide Crisis Helpline

3 Thank you for telling me, that takes a lot a courage.
Can you tell me what's happened to make you feel this way?
or...
Can you tell me what's going on for you right now?

More info needed - keep them talking

5 Do you have a means to carry out your plan?

YES

NO

4 Do you have a plan as to how you would attempt suicide?

YES

NO

NO SPECIFIC PLAN AND/OR MEANS TO CARRY OUT THE PLAN

Friends and whanau support are critical at this time, try to connect them with these supports.
Help them to access support; GP, school counsellor, public health nurse

Suicide MYTHS & FACTS

MYTH

Asking people about suicide will increase the risk of suicide

FACT

No it won't.
Asking the questions may open up the conversation.

MYTH

There is no way of knowing who is going to attempt suicide

FACT

Sometimes there isn't, and there aren't always clear signs, but if there are they may look like this; changes in behaviour, increased stress, talking about death, feelings of being a burden or risk taking behaviour.

MYTH

Suicide is the result of a mental illness

FACT

Suicide can be the result of many factors including trauma, pain, grief or relationship breakups. A person who is feeling suicidal will not necessarily have a mental illness.

Help Lines

- **Lifeline** (open 24/7) - **0800 543 354**
- **Depression Helpline** (open 24/7) - **0800 111 757**, www.depression.org
- **Healthline** (open 24/7) - **0800 611 116**
- **Suicide Crisis Helpline** (open 24/7) - **0508 828 865** (0508 TAUTOKO).
This is a service for people who may be thinking about suicide, or those who are concerned about family or friends.
- **Youthline** (open 24/7) - **0800 376 633**. You can also **text 234** for free between 8am and midnight.
- **Kidsline** (open 24/7) - **0800 543 754**. *This service is for children aged 5 to 18.*
- **Rural Support Trust** - **0800 787 254** (0800 RURAL HELP)
- **Alcohol Drug Helpline** (open 24/7) - **0800 787 797**. You can also **text 8691** for free.
- **Need to Talk** (open 24/7) - Free call or text **1737** to speak with a trained counsellor.

We wish to acknowledge Lanarkshire Health Care of Scotland for allowing us to modify their pathway

MYTH

Crisis prevention is not my responsibility

FACT

The whole community needs to be involved in suicide prevention. Identifying and assisting individuals to work through their distress can prevent suicide from becoming an option.