

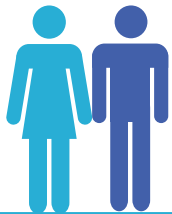
Prevention

Reducing things that contribute to suicide can help to prevent suicides.

The first step to prevention is recognising signs and asking the person at risk, "are you having suicidal thoughts?"

In 2017
6000
deaths by suicide

Leading cause
of death for
20 - 34
year olds

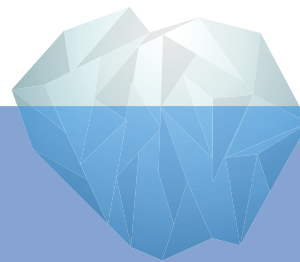


75%
25%
Gender split
of suicides

Imagine Inclusion

Well-being - Inclusion - Creativity

Suicide is a topic that usually has more to it than meets the eye, similar to this iceberg.



Just like the iceberg, it is not something we should ignore. We need to talk about suicide to prevent it.

Connect

The first thing to do to help someone where you recognise the signs or the 'invitations' is to 'connect' and talk to them.

Be direct - let them know you are concerned and are listening to them

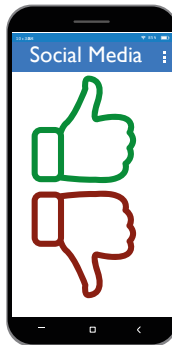
Suicide - use the 'S' word. Ask, 'Have you thought about suicide?'

Don't appear to be shocked or surprised if they answer 'yes' try and be calm and supportive

Intervention

Increasing safety of persons with thoughts of suicide

Give the person at risk someone to talk to and remove harmful 'things.' These 'things' could be anything from pills to Social Media.



Social Media can help raise awareness of suicide and help people to speak about their feelings

Social Media is a platform where users can feel more isolated and alone. Some people are bullied on Social Media.

Understand

This step will involve listening to reason why someone wants to die. Just try and listen. Look out for reasons why they may want to live, including uncertainty on wanted to die.

Reinforce - their reason for wanting to live
Turning point - focus on their doubt of wanting to die

There is then a serious of questions or processes you should try and go through

Postvention

Help for people who injure themselves and those affected. Listening and connecting to the person at risk can be a great help. It is important that you let the person at risk speak and make sure they felt listened to.



Actions

Giving away possessions
Withdrawal
Loss of interest in sport
Missuse of alcohol/
drugs
Impulsive/ reckless
behaviour
Self-mutilation
Extreme behaviour
changes

Physical

Lack of interest in
appearance
Change/ loss in sex
interest
Disturbed sleep
Change in appetite/
weight loss
Physical health
complications

Red Flags

Words

'All of my problems will end soon'
'No one can do anything to help me now'
'I just cant take it anymore'
'I am a burden to everyone'
'I cant do anything right'

Feelings

Desperate
Angry
Guilt
Worthless
Lonely
Sad
Hopeless
Helpless

Assist them

Start to make a 'Safe Plan' to help keep the person safe. Try to disable their plan by taking away their access to the method.

Identify the steps to help them to be safe, who they need to see/ talk to (e.g. Samaritans, G.P, family, friends).

Get them to repeat the steps they need to take back to you.