

HOW TO ASK A FRIEND:

"HAVE YOU THOUGHT ABOUT SUICIDE?"

1 Be Direct - it's ok to ask

We spend a lot of time with our friends.

If you notice someone is down or has expressed feelings of suicide, **talk to them.**

Try to avoid language that could have different meanings.

✓ **HAVE YOU THOUGHT ABOUT
ENDING YOUR LIFE?**

✗ **DON'T DO ANYTHING
SILLY OR STUPID**

2 Tell An Adult

This is always the right thing to do.

This could be a teacher, a parent, a youth worker, the school nurse, or any trusted adult.

3 Look After Yourself

Helping and supporting someone is very **kind**, but it is also important to look after yourself, especially after having a difficult conversation.

Make sure to spend time with loved ones, or doing something you find relaxing.

ASKING SOMEONE ABOUT SUICIDE DOES NOT PUT THE IDEA IN THEIR HEAD.

IN FACT IT'S PROVEN TO ONLY HELP SOMEONE GET THE SUPPORT THEY NEED!





Suicide Prevention Week

6th - 10th September 2021

Suicidal feelings can mean having thoughts about ending your life or feeling that people would be better off without you.

You may feel overwhelmed, confused, that there is no way out of a problem you are facing.

HAVE YOU THOUGHT ABOUT SUICIDE?

YOU ARE NOT ALONE.

MANY PEOPLE THINK ABOUT SUICIDE AT SOME POINT IN THEIR LIFETIME.

SPEAK OUT

Taking the first step is hard but talking to someone you trust can help you get the right support.

This could be a family member or a friend, a teacher or a doctor.

Give them a chance to help.



DESCRIBE HOW YOU FEEL

You could say:

For the past - day or week or month -



SAY WHAT YOU WANT TO HAPPEN

Think about what you want from this conversation & what would help.

Someone to listen

Support to stay safe

Suggestions of who to call

WRITE IT DOWN

Sometimes when it's hard to find the words to say, writing it down on paper can help. It could help someone understand.

**However you start a conversation
about suicide,
*you have done the right thing.***

Call Samaritans on 116 123 for confidential support 24/7

Write down how you feel in an email to Samaritans at jo@samaritans.org

Contact your GP for an emergency appointment

Call NHS 111

IF YOU NEED HELP IMMEDIATELY CALL 999 OR ATTEND YOUR LOCAL A&E