

REMEMBER TO: REACH OUT

1 RECOGNIZE



Behaviour:

- Reckless behaviour
- Avoid contact
- Gloomy or sad
- Sudden changes in behaviour

Statements:

- "I don't care anymore"
- "I might as well be dead"
- "I am done"
- "I am going to kill myself"

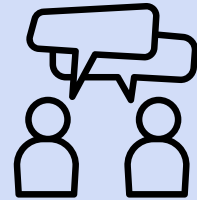
Risk factors:

- Previous suicide attempts
- Suicide of someone close
- Recent loss (work, relationship)
- Mental problems

2 ASK THE QUESTION

If you suspect someone is thinking about suicide, **ask** them about it as **directly** as possible.

- Do you ever think about suicide?
- Do you ever think: I don't want to go on like this?
- Do you ever think: I've had enough?



3 CONNECT WITH DESPAIR



Despair:

- What's going on?
- What makes you feel so desperate?
- What is most difficult or painful right now?

Thoughts:

- What do you think when you think about suicide?
- What do you want to get rid of the most?

Plans:

- Do you have a concrete plan?
- How long can you endure this situation?

4 HOPE CONNECTION

Bring someone back to the **things they live for**:

- Who are the most important people in your life?
- Who/what has prevented you from suicide so far?
- What positive memories do you have together?



5 OFFER SUPPORT



Summarize what you have just talked about and **figure out** what **the next step** is.

- What do you need right now?
- What will you do after our conversation?
- What has helped you stay safe before?

LOOK AFTER YOURSELF

Talking about suicide can be **emotionally demanding**. Therefore, it is important to **take care of yourself** too.

- Prioritise your own health and wellbeing
- Talk about how you feel
- Ensure you have support and someone to confide in
- Share responsibility: don't try to deal with the situation by yourself
- Make time for relaxation and distraction
- Find professional help



DO'S & DON'TS



Acknowledge it

- Using the word suicide is allowed
- If you suspect the other person is talking about considering suicide, mention it

Ask more

- By asking questions, you can find out exactly what someone means

Ensure safety

- Help the other person create a safe situation and discuss the options for help

Do not avoid the conversation

- Empathise, but don't just agree with everything they say

Avoid giving advice

- Things that seem simple to you can be a significant challenge for someone who is struggling

Do not judge

- Judgement can discourage someone from wanting to continue the conversation
- It is not about what is right or wrong

WHAT CAN YOU DO NEXT?

