

SUICIDE

If you believe a person may be at risk for suicide, ask them directly about any suicidal thoughts.

It is not true that if you ask a person directly about suicidal thoughts, that you could be planting the idea in their mind.

Also, it is a myth that if someone is talking about suicide they are not serious. Often talking about suicide may indicate how badly the person is feeling.

Some warning signs of suicide include:

- threatening to hurt or kill herself or himself
- talking or writing about death, dying or suicide
- expressing hopelessness
- withdrawing from family or friends
- feeling there is no reason to live
- acting reckless or engaging in risky activities
- feeling trapped- like there is no way out

If you see any of the warning signs engage the person in a discussion about your observations and ask them directly about their suicidal thoughts

Having depression increases the risk of suicide however not every person who is depressed is at risk for suicide.

As difficult as it may be, if you appear confident during this crisis, it will be reassuring to the person.

Remember

Mental Health First Aid Action Plan

- A- assess for risk of suicide or harm
- L- listen non-judgmentally
- G- give reassurance and information
- E- encourage appropriate professional help
- E- encourage self-help and support strategies