

Suicide Awareness



Always ask someone how they are – twice. “How are you today? How are you really?”

Don't be afraid to ask the question: “are you feeling suicidal or thinking about harming yourself?” It won't plant a seed that's not already there;



Remind the people in your life that if they're ever in a dark place, you're always there for them at the end of the phone – no matter the time, or the reason

Acknowledging and validating someone's pain without judgement can be incredibly powerful



If someone admits to feeling suicidal, try not to show shock, disbelief, or to minimise their feelings

When talking to someone about their mental health, you don't need to try to 'fix' them or solve their problems. The most valuable thing you can do is to listen and show compassion



If someone confides in you about having suicidal thoughts, ask if they're with someone, and encourage them to seek help from a professional

If you believe someone is at immediate risk of suicide, stay with them and contact the emergency services



Talking about feeling trapped, defeated, or being a burden to others can all be warning signs of feeling suicidal

Remind a loved one that they can and will get through this. There is always HOPE

