



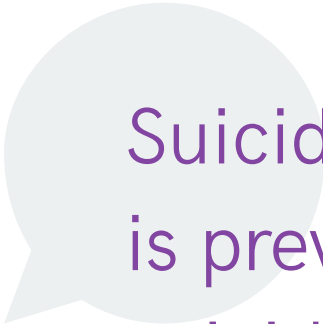
How to talk about suicide and why it's safe to do so

It's OK to talk about suicide:

How to talk about suicide & why it's safe to do so

Every year in the UK, there are more than 6,000 deaths by suicide (samaritans.org) and 1 suicide every 40 seconds globally (WHO). So while it may seem rare, it does happen more than you may think.

Behind every individual lost to suicide is a family, friends, and community, all devastated by their loss.



Suicide is *not* inevitable, it is preventable. Talking about suicide could save a life.

What drives people to suicide?

The reasons that push people to suicide are complex and uniquely personal, but often gender and inequality play a part.

Here are some risk factors and reasons that can have an influence:

- Pivotal life events, such as losing a job, the failure of a business, a relationship break-up, or child custody battles
- An overwhelming sense of worthlessness or failure
- To escape what they feel is an impossible situation
- Relief from unbearable thoughts or feelings
- Uncertainty about sexual identity
- Feeling hopeless about the future and achieving personal goals
- Feeling like they are being left behind by their friends and peers
- Relief from physical pain
- A combination of the above. Often it can be a series of smaller setbacks in life, rather than one big catastrophe that can lead an individual to think about suicide.

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Warning signs

Unfortunately, there aren't always clear warning signs that someone might be having suicidal thoughts or contemplating suicide. Having an emotional crisis isn't the same as having a health crisis where there are clear physical warning signs.

People who are having suicidal thoughts may be:

- Withdrawn
- Quiet
- Avoiding eye contact
- Rude
- Agitated
- Irritable
- Drinking more than usual
- Talking about suicide

They may say things like:

- You are better off without me
- Things will never get better
- I am a burden
- No one likes me
- I am a failure
- What's the point in living

But, they may also be:

- Going to work
- Animated
- Laughing
- Saying they are fine
- Talking about the future
- Living life normally

So, if you're wondering whether someone you know might be thinking about suicide, the safest approach is to ask them how they are feeling. Having difficult conversations can be tricky, so how can you go about doing that?

The importance of talking

Someone who is suicidal is likely to be feeling cut off from the people around them, ashamed of thinking about dying, and afraid of asking for help, even if they want to.

By starting the conversation for them, it gives that person permission to talk about their thoughts and feelings, and allows them to do that with someone rather than sitting alone with those dark thoughts.

If you're concerned about a person you know, trust your gut instinct and say something, which is far safer than saying nothing.

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What do you say though?

Starting this conversation isn't easy, so here are some steps you can follow or keep in mind:

1. Try to ask how they're *really* feeling

If you know something bad has happened to them, try asking how it has made them feel. Be curious, and be understanding. Ask open questions and listen to what they have to say. You can keep the conversation going by asking questions, such as 'what does that feel like?' or 'how bad is it?'. If they stay quiet, gently keep trying to open a dialogue.

Avoid denying their feelings and what they are sharing with you. For example, if they say they feel they are a totally useless person, don't deny that to them, but instead ask them how long they've felt that way.

2. Ask them about suicide

After getting them to speak with you and open up a little, and if they've mentioned feeling hopeless, gently ask them if they're having thoughts of suicide.

Even if they respond with a denial or a joke, the best way to acknowledge them is to offer to get them some support and help. Having suicidal thoughts (ideation) versus an intention to want to follow through with suicide (intent) are very different scenarios, but it's important that both are managed and the individual receives the right support for them.

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What do you do next?

Depending on the situation, try to get this person some support. Where possible, doing this in a collaborative way can be helpful.

What to do if someone tells you they are feeling suicidal and are at immediate risk to themselves...

- Be sure not to leave them on their own
- Clear the space of anything that could be used to take their own life (e.g. rope, medications, firearms)
- Request medical help immediately by either calling 999 for an ambulance or by taking them to A&E (and staying with them).

What to do if you have a hunch about someone's safety to themselves...

- Consider sharing your concern with others, such as friends, their family, or colleagues
- Discuss together how you plan to get this person help and support.

Don't forget to look after yourself too...

- By talking to a trusted friend
- Accessing 1-2-1 support to talk about how you're feeling
- Remember, it is important to note that there are occasions when someone takes their own life despite our best efforts to prevent this. Unfortunately, preventing a suicide is not always possible.

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Although InsideOut provides ongoing support with access to 1-2-1 sessions with our Mental Wellbeing Experts, we are not a crisis service and do not provide support in the event of an emergency.



If life is at immediate risk, call 999 in the UK or the emergency services in your country.

Here are some confidential support lines for more advice and for people in crisis:

United Kingdom

Samaritans

Phone: 116 123 (24 hours a day, free to call)
Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can email, write a letter, or in most cases talk to someone face to face or over the phone.

CALM: Campaign Against Living Miserably

Phone London: 0808 802 58 58 (open 7 days a week, 5pm to midnight)
Telephone Nationwide: 0800 58 58 58 (open 7 days a week, 5pm to midnight)
Webchat (open 7 days a week, 5pm to midnight)
CALM is leading a movement against male suicide, the single biggest killer of men under 45 in the UK.

Papyrus

Phone: 0800 068 41 41 (Mon-Fri: 10am-10pm, weekends: 2pm-10pm)
Provides resources to help young people who are having suicidal thoughts.

Shout

Text 'SHOUT' to 85258 (available 24/7).

Maytree

Phone: 020 7263 7070
A sanctuary for the suicidal.

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Australia

Lifeline

24/7 crisis support: 13 11 14
Suicide prevention service for anyone experiencing a crisis.

Suicide Call Back Service

Phone: 1300 659 467
For anyone thinking about suicide or supporting someone who is.

Bosnia and Herzegovina (BiH)

Fenix Tuzla

Phone: +387 35 226 577
Association for Mutual Support in Mental Distress

Plavi Telefon

Phone: 080 05 03 05
Plavi telefon provides support to people in Bosnia and Herzegovina for issues such as depression, alcoholism, drug abuse and suicide that traditional centres might not accomplish. They operate from 9:00 -17:00.

Brazil

Centro de Valorização da Vida

Phone: 188
Life Valuation Center provides 24-hour emotional support and suicide prevention, voluntarily serving all people in Brazil who want and need to talk.

Bulgaria

Sofia Hotline

Phone: 0035 9249 17 223
Offers services to people in Bulgaria who need help related to suicide.

Suicide Prevention

Phone: 981 76 86, 958 50 00, 073 177, 936 24 44, 946 11 56

Canada

Crisis Text Line

Text HOME to 686868
Serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text.

Crisis Service Canada

Phone: 1-833 456-4566
24/7 toll free line service providing suicide prevention and support.

Croatia

Hrabri telefon

Phone: 8000800
Brave Phone - for children, young people and adults.

Plavi Telefon

Phone: (01) 4833-888
Suicide prevention hotline
Plavi Telefon- Blue Phone provides support to people in Croatia for issues such as depression, alcoholism, drug abuse and suicide that traditional centres might not accomplish.

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Czech Republic

Ministry of Health (COVID-19)

Phone: 1212 - National Hotline
Psychological emergency helpline provided by medics and psychologists of the Psychosocial Intervention Service System.

Modrá linka

Phone +420 549241010
Hotline/WhatsApp: +420 608902401
Provides crisis relief by phone, chat and email.

Linka bezpečí

Phone: 116 111

Linka důvěry DKC

Hotline: 241 484 149
Skype: ld_dkc

Linka důvěry Ostrava

Phone: 596 618 908, 737 267 939

Linka duševní tísně Most

Phone: 476 701 444
Skype: ldt.most

Pražská linka důvěry

Phone: 222 580 697
Other
Prague Hotline: 004 202 460 80 718

Estonia

Eluliin Lifeline

Phone: in Estonian 655 8088, in Russian 655 5688 (daily from 19-07)
E-mail: eluliin@jofo.ee
National crisis hotline
Phone: 1247 (24h)

Palanubi

Psychological first aid is available through the national crisis hotline 1247.

France

Suicide Écoute

Phone: 01 45 39 40 00
Suicide prevention association that offers anonymous 24/7, 7 days a week, support.

Germany

TelefonSeelsorge

Phone: 116123, 08001110222, 08001110111

Anonymous 24/7 7 days a week phone service for senior citizens and younger people, for employed or unemployed as well as for housewives, apprentices or pensioners, for people of any community of faith, colour or nationality.

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Hong Kong

MIND

Phone: 2535 4135
Mental Health information,
enquiries answered by social
workers and emotional support.

Suicide Prevention Services

Phone: 00852-2382 0000
Provides beneficial friends and other
suicide prevention services to people in
Hong Kong who are suicidal, desperate
and emotionally distressed.

The Samaritans

Phone: 2896 0000
The Samaritans are here to listen, no
matter how disturbing or ordinary the
problem may seem. We do not give advice,
or tell you what to do. We are here to
offer unconditional emotional support.

The Samaritans Befrienders Hong Kong

Phone: 2389 2222, 2389 2223 (English)
24-hour unconditional emotional
support to anyone in distress or at risk
of suicide throughout Hong Kong.

Hungary

Blue Line

Phone: 116 123
Email: sos@sos505.hu
Magyar Lelki Elsősegély Telefonszolgálatok
Szövetségével
T.E.S. Miskolc
Phone: (46) 323 888

Kek Vonal

Phone: 116-111

Latvia

Skalbes
Phone: +371 67222922 or +371 27722292
Crisis and Counseling Center that
offers emotional support 24/7
for both children and adults.

Lithuania

Jaunimolinija

Phone: +370 671 99309 or 8 800 28888 -
24/7, 365 days per year
Support for anyone experiencing emotional
distress, struggling to cope, or at risk of
suicide. Jaunimo linija volunteers are
here to hear everyone out via free
telephone line, email, or online chat.

Linija Doverija (Support for Russian-speaking clients)

Phone: 8 800 77277

Tuesi

Phone: 112
Crisis line for suicide prevention.

Vilties linija (Hope line)

Phone: 116 123
Email: vilties.linija@gmail.com

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Mauritius

Helpline Mauritius

Phone: 230 214 2451

Offers emotional support to people in Mauritius who are in distress or at risk of suicide.

Montenegro

Montenegro Emergency Hotline

Phone: 112

Montenegro Emergency Hotline offers 24-hour service to people throughout Montenegro who are in an emergency situation or is at risk of suicide.

Poland

Olsztynski Telefon Zaufania

'Anonimowy Przyjaciel

Phone: 89 527 00 00, 89 52 70 988, 89 19288

Provides 24/7 telephone assistance for people experiencing a personal crisis in Poland.

Fundacja Dzieci Niczyje

Phone: 116 111

Portugal

Centro de Valorização da Vida

Phone: 188

Life Valuation Center provides 24-hour emotional support and suicide prevention, voluntarily serving all people in Brazil and Portugal who want and need to talk.

SOS Vos Amiga

Phone: 213 544 545, 912 802 669, 963 524 660

Offers emotional support to people in Portugal who are in distress or at risk of suicide.

Romania & Moldavia

Romanian Alliance for Suicide Prevention

Phone: 0800 801 200

SOS - Suicide prevention helpline (all ages).

Altruism Association Moldova

Phone: 37360806623

Offers emotional support to people in Moldova who are in distress or at risk of suicide. They operate from 12:00 to 17:00 and speak Romanian and Russian.

Serbia

Centar SRCE Novi Sad

Phone: 0800 300 303, (381) 21 6623 393

Email: vanja@centarsrce.org

Provides emotional support to people who are in a crisis and/or suicidal, everyday of the week between 2 and 11 p.m.

National suicide prevention hotline

Phone: 011 7777-000, operates as part of the Clinic for Mental Disorders

SOS Telephone

Phone: 037 23 025

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Singapore

Mental Health Helpline

Phone: 6389 2222

24 hours mental health crisis support.

SOS – Samaritans of Singapore

Phone: 1800 221 4444

Crisis 24/7 online and phone service, counselling and resources on suicide prevention. Provides emotional support for individuals having difficulty coping during a crisis, thinking of suicide or affected by suicide.

Slovakia

Linka detskej istoty Slovenského výboru UNICEF (bezplatná linka)

Phone: 0800 - 112 112, 116 111

Linka dôvery Nezábudka

Phone: 800800566, +421 2 6381 5592, 0800 800 566

League for Mental Health, phone, online and grief counselling - Emotional support and suicide prevention (all ages).

Helpline of Confidence

Phone: 0800 800 566

The Helpline of Confidence offers 24-hour service to people in Slovakia who find themselves in an acute psychological crisis or in a difficult life situation.

Slovenia

Slovenian Association for the prevention of suicide

Phone: (01) 520 99 00

Suicide prevention (all ages).

The Slovenian Association for Mental Health - is a non-profit, non-governmental humanitarian organisation established to aid individuals with mental health issues, those in temporary mental distress, as well as their relatives and anyone else interested in mental health.

TOM

Phone: 116 111

Helpline - Young people / emotional support.

Zaupni telefon Samarijan in Sopotnik

Phone: 116 123

Offers 24-hour confidential conversation to anyone suffering from distress anywhere in Slovenia.

UAE

National Suicide & Crisis Line

Phone: 112, 911

Offers 24/7 emergency support.

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USA

American Foundation for Suicide Prevention

Phone: 800 273 8255

Support for yourself or those who may be at risk for suicide.

Crisis Text Line

Text: 741741

24/7 textline for anyone who finds themselves in a crisis situation

National Suicide Prevention Lifeline

Phone: 1-800-273-8255

24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

SAVE

Resources on suicide prevention and education.

Trevor

Phone: 1 866 488 7386

Crisis intervention and suicide prevention phone and chat service 24/7, 7 days a week, specialised in young LGBTQ community.

Veterans/military Crisis Line

Phone: 1 800 273 8255, Press 1

Veterans Crisis Line, one of our trained responders will help you through any personal crisis, even if it does not involve thoughts of suicide.



References

<https://www.samaritans.org/about-samaritans/research-policy/suicide-facts-and-figures/>

<https://www.who.int/news/item/09-09-2019-suicide-one-person-dies-every-40-seconds>

#itsoktonotbeok

To find out more about how InsideOut can help support your organisation or book a demo email support@lettheinsideout.com

lettheinsideout.com

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