



Handling Suicidal Conversations

With: Helen Pettifer



Suicide Terminology

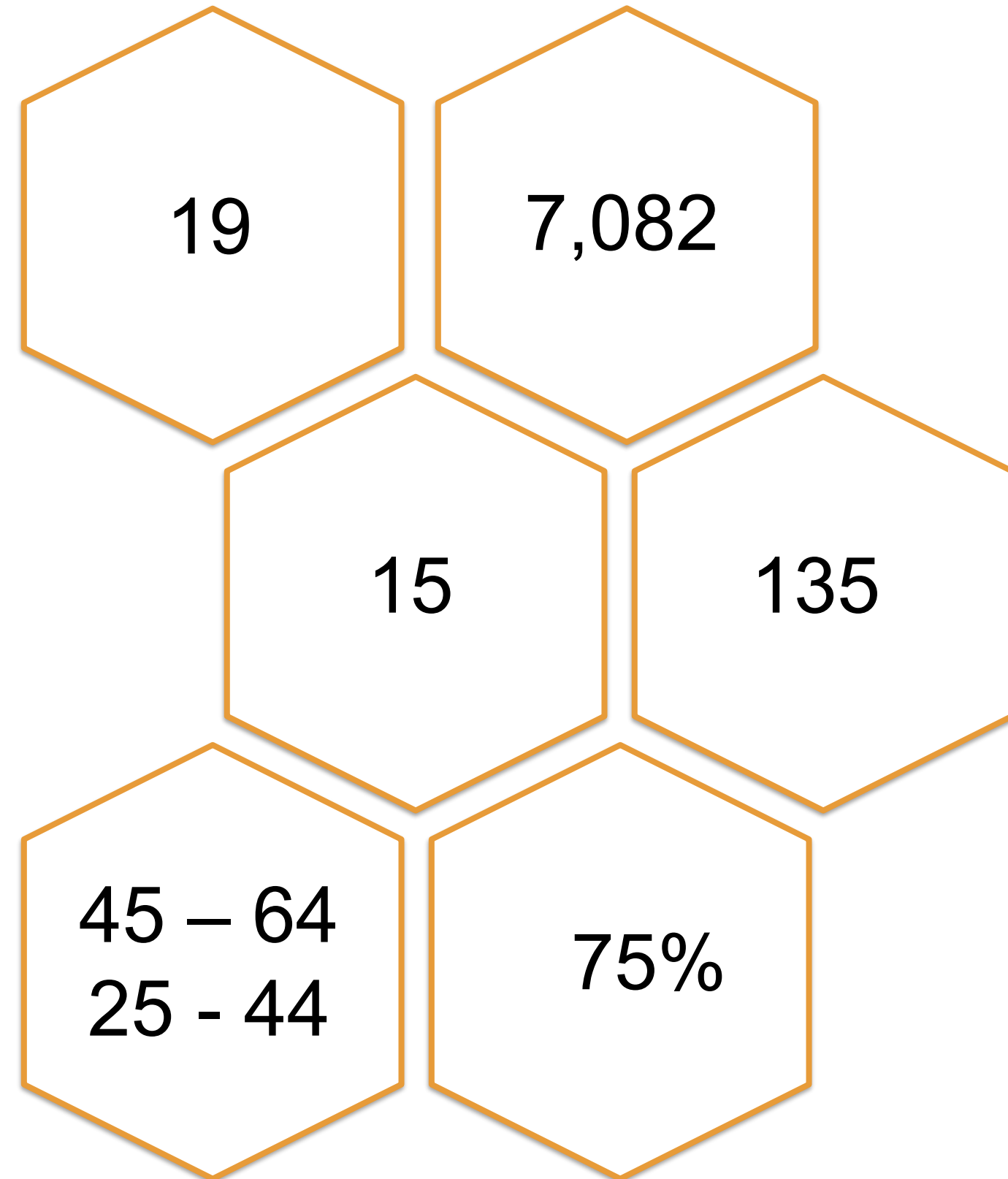
Failed/unsuccessful suicide	Suggests wrongdoing and reinforces feelings of failure in other areas of life.
Commit suicide	Carries negative connotations originating from suicide as a criminal act. It was decriminalised in 1961.
It's not serious	All mentions of suicide must be taken seriously.
Attention-seeking	This phrase suggests a person is being dramatic to gain attention from others.
A cry for help	This dismissive phrase belittles a person's need for help, and they may feel they are not being taken seriously which can be dangerous.
Doing something stupid/silly	This suggests a person's thoughts of suicide are stupid or silly and is judgemental.

Statistics and Impact - 2023

England & Wales 5,623 (2022)
6,069 (2023)

Scotland 762 (2022)
792 (2023)

NI 203 (2022)
221 (2023)

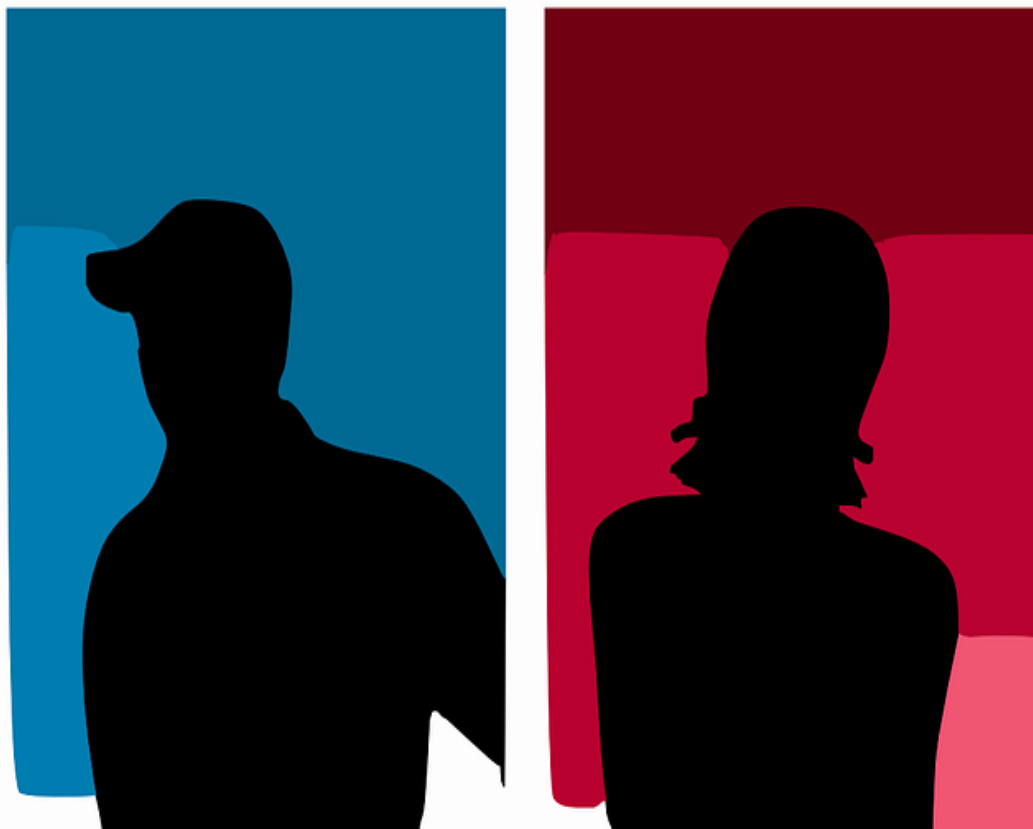


Risk Factors

- Mental health conditions
- Addictions – alcohol, drugs, gambling
- Trauma or abuse
- Major physical or chronic illness or injury
- Significant financial and life changes
- Loss, or fear of losing a relationship, job, or home
- Lack of social support and/or loneliness
- Victim of bullying, harassment, or discrimination
- Family history of suicide
- Previous suicide attempts



Indicators



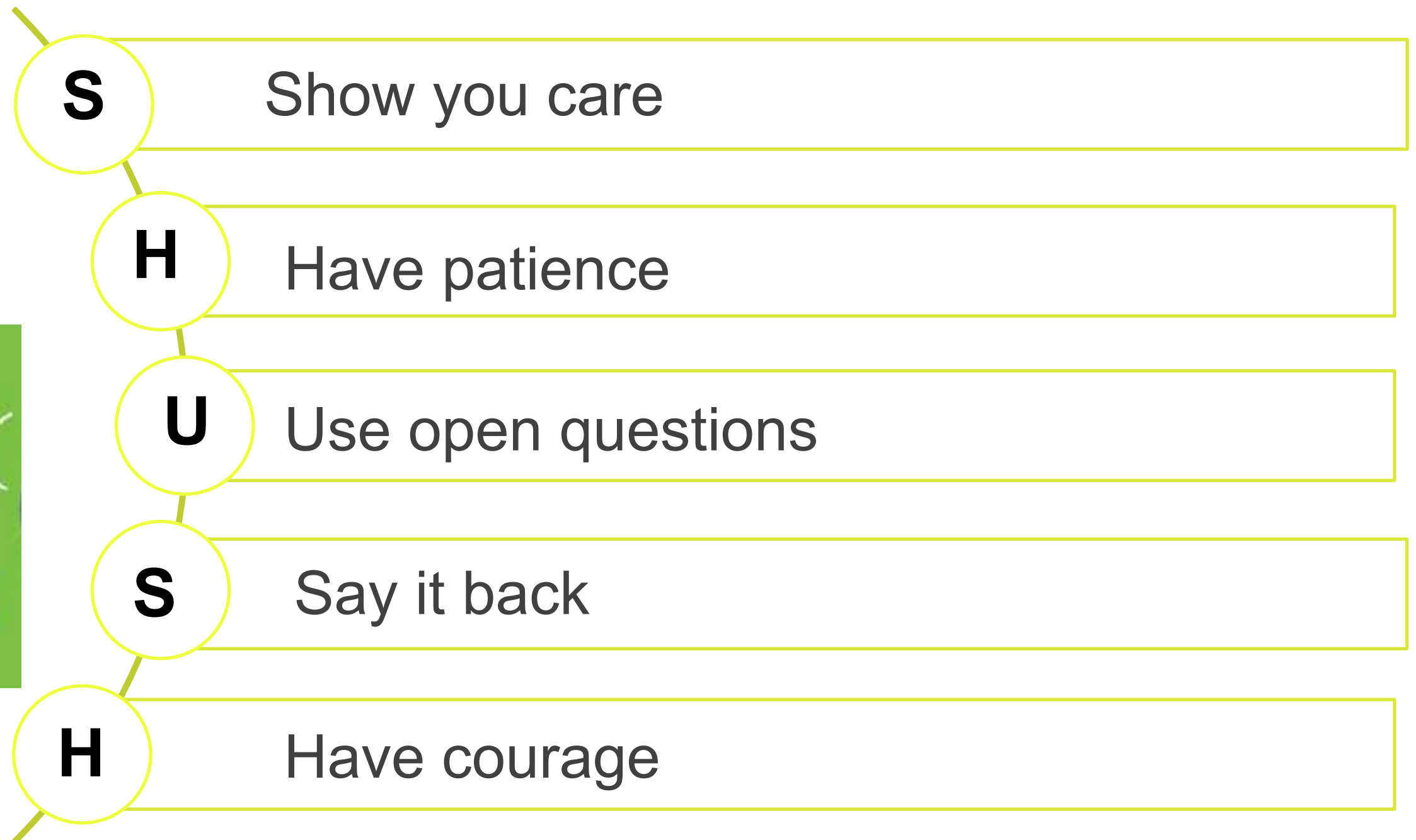
- Talking about killing or harming themselves
- Saying there's no way out, no point in living or going on, or they have no purpose
- Expressing feeling hopeless, trapped or being a burden to others
- Distressed, anger, extreme anxiousness and agitation
- Lacking any emotional expression, numb
- Appearing calm/together after a period of depression
- Putting affairs in order
- Changes in behaviour – sleep, eating, work
- Appearance – not taking care of themselves
- Reckless behaviour



“When my hands left that rail, I realized I had just made the biggest mistake of my life. The regret was instant and I thought no one would ever know that I didn't want to die....”

Kevin Hines

S.H.U.S.H



Responding in an emergency

ASK	Are you having thoughts of suicide?
PLAN	Have you made a plan or thought about how you would do it? (You do not need to know the details)
MEANS	Have you got what you need to carry out your plan?
TIME	When do you think you will carry out your plan?
HELP	Call 999. Explain and be honest
STAY	Stay with them and keep them talking
YOU	Look after yourself after the call. Talk to someone and avoid taking another call until you are ready.