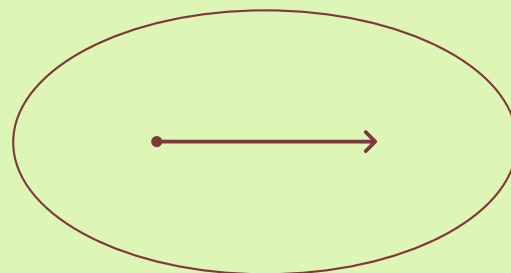


SUICIDE PREVENTION MONTH

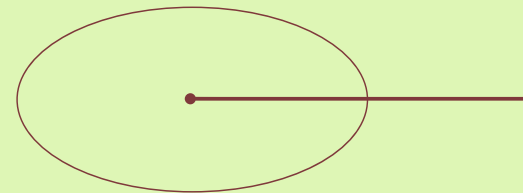
Steps for
supporting
someone having
thoughts of
suicide

@THE_HAMILTON_LAB





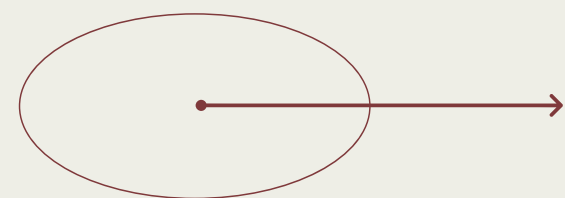
Ask.



“Are you thinking about killing yourself?” It’s not an easy question, but studies show that asking people if they are having suicidal thoughts *does not* increase death by suicide, suicidal behaviors, or suicidal thoughts.



Keep them safe.



Limiting access to items that could be used to hurt themselves is an important part of suicide prevention. While this is not always easy, asking if the person has a plan for suicide and moving or removing the lethal means can make a difference



Be there.

Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may, in fact, reduce suicidal thoughts and will not increase suicidal thoughts.



Help them connect.

Save the National Suicide Prevention Lifeline number (988) and the Crisis Text Line (741741) in their phone so they're easy to access in times of need.

Think through other people in their life who may be good supports, like friends, family, mental health professionals, and other trusted adults.



Stay connected.

→

Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

Suicide risk is complicated and tragic, and being there for someone through this difficult period and after can make a huge difference and save lives.

SOURCE

National Mental Institute of Mental Health

5 action steps for helping someone in emotional pain - NIMH. (n.d.).

Retrieved September 13, 2022, from

https://www.nimh.nih.gov/sites/default/files/documents/health/publications/5-action-steps-for-helping-someone-in-emotional-pain/5_action_steps_infographic.pdf