

World **Suicide Prevention Day**

Working Together to Prevent Suicide

10th September 2018
#wspd18

In a crisis, it is important that you get help as soon as possible. A crisis can be when someone might harm themselves, harm someone else, or is at immediate risk of suicide.

What to do in a crisis

Contact your GP. If it is late in the evening, during the night or at the weekend, contact your nearest **GP Out of hours** service.

You can also call **Emergency Services** anytime on **999** or **112**.

Go to (or contact) the **Emergency Department** of your nearest hospital.

If you have been (or are currently) supported by a **Mental Health Team**, contact them to ask for an appointment as soon as possible.

Remember that there are many other supports and services available if you are struggling with your mental health.

Visit www.yourmentalhealth.ie for more mental health information and services.

One example is **Samaritans** who provide confidential, non-judgemental support 24 hours every day.

Freephone **116 123**
Text **087 260 90 90** (standard message rates apply)
Email jo@samaritans.ie

Worried about someone?

If a friend or family member is going through a difficult time;

Ask, listen and offer your support

Being there for someone and offering a listening ear when they need to talk, will make a big difference for them and for you. It can be a huge relief for the other person to know you are there. They may feel such relief that the problem may resolve itself by talking it out with you. People often want to talk but find it hard to start the conversation.

1 Show You Care

Focus on the other person, make eye contact and put away your phone.

2 Be Patient

It may take time and several attempts before a person is ready to open up. Give the person space and time.

3 Use Open Questions

These questions are objective and require a person to pause, think and reflect and then hopefully expand.

4 Say it Back

Repeating something back to somebody is a really good way to reassure them that they have your undivided attention.

5 Have Courage

Listen without being judgemental or offering solutions. Don't be put off by a negative response and don't feel you have to fill a silence.

Remember, if you are worried that someone is thinking about suicide, don't be afraid to ask the direct question – **are they suicidal?** The best you can do is to listen to them without judgement or blame.

Simply asking the question does not give someone the idea. If the answer is yes, don't panic.

Listen, get advice and ask for help.

More on www.yourmentalhealth.ie