



WOULD YOU KNOW WHAT TO DO IF SOMEONE TOLD YOU THEY WERE THINKING OF SUICIDE?

When someone is thinking of taking their own life, it is frightening for everyone involved. You might find it hard to understand what they are going through and you might be uncertain as to how you can help. However, there is a lot we can do to help someone. The steps below can help anyone concerned about suicide:

Step 1: Let the person know you are concerned about them

“I noticed some changes in you lately and I am worried about you. I am here if there is anything you would like to talk about”

Step 2: Ask about suicide

“Sometimes when people are feeling... (For example, lonely or hopeless) they may think of ending it all. Are you thinking of suicide?”

Note: Simply asking the question does not give someone thoughts of suicide. By asking the question, you are acknowledging their distress and giving them the opportunity to talk about something which is probably very frightening to them.

Step 3: Listen and Understand

Give them space to explain what is going on for them and how they feel about it. Avoid responses which reject how they are feeling, lessen how they feel, or try to change their view of their situation.

Step 4: Get professional help

The person in question is going to need help and support from others, not just you. It might be a GP or other professional help, or family members or friends.

Family and friends can provide support, but it is recommended that the person is connected with professional help. There are people, groups and organisations available to help both locally and nationally; they will accept how the person is feeling and recognise the difficulties that the person is facing.

If you or someone you know needs help right now, in the first instance, contact:

- Your GP or “Out Of Hours” North East Doc on Call, 6 pm – 8 am Monday - Friday, 24 hours at weekend, Tel: 1850 777 911.
- Emergency Department of your nearest hospital (www.hse.ie) or call the Emergency Services on 999 or 112.
- If you are being supported by a mental health team, or have been in the past, don't be afraid to contact them for support.

Cavan Monaghan Pieta Crisis Counselling and Suicide Bereavement

Counselling Service - One-to-one, professional therapeutic service to people (6+ years) who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide. All services are provided free of charge and no referral is needed.

Phone: 0818 111 126 to book an appointment with a Therapist in Cavan or Monaghan.

24 Hour Free Phone Helpline: 1800 247 247 - to speak to a therapist if you are in crisis.

Text: HELP to 51444 (standard message rates apply) www.pieta.ie