

# Practical tips on how to support someone you think may be suicidal

- ✓ If speaking to them over the phone, **find out their exact physical location/** address
- ✓ **Ask them directly** if they are considering suicide/ending their life
- ✓ **Validate** that it must be hard for them. Tell them they are important, you'd **like to help keep them safe** and there are people who can help them rediscover a life worth living
- ✓ Explain the **behaviour that has made you concerned** (e.g. stuck in bed, not able to return calls, drinking more than usual)
- ✓ Offer to help them **contact a support person** (friend, relative, neighbour or their mental health worker or doctor if they have one)
- ✓ Ask them to **save one of the following numbers in their mobile phone**:
  - Mental Health Triage: **13 14 65** - crisis 24/7 for further advice 24/7 (main point of access for mental health services and is staffed by mental health clinicians. They will assess and refer to acute response teams where appropriate)
  - Lifeline: **13 11 14**: anonymous, trained counsellors, crisis support and suicide prevention - 24/7
  - Beyondblue: **1300 224 636**: information and referral if stressed or down – 24/7
  - Suicide Call Back Service: **1300 659 467**: counselling for anyone affected by or considering suicide, including suicide risk - 24/7
  - Regional Access (Country SA): **1300 032 186**: can provide up to 3 x 30 minutes counselling sessions with the same counsellor - 24/7
  - Yarning Safe 'N' Strong: **1800 959 563**: free confidential phone support for Aboriginal and Torres Strait Islander Peoples - 24/7
- ✓ **Ask if they have a plan** and if they have already taken steps to action the plan
- ✓ **If they have access to means** (e.g. firearms) consider if they can be safely removed, but in doing so, prioritise your own safety
- ✓ Ask if they have ever felt this way before and **what has kept them alive** to now. Emphasize their **strengths**
- ✓ Find a way **to link them in with immediate help**:
  - Take them to their local GP or hospital; or
  - Telephone Emergency Mental Health Triage (phone number above); or
  - If practical, take them to the Urgent Mental Health Care Centre located at 215 Grenfell Street, Adelaide between midday and 10.30pm any day of the week (free and no referral is required); or
  - Telephone emergency services (ph: 000). Police can do welfare checks.
- ✓ Ask them **what else they need to stay safe right now**, before help arrives

**\*\*\*DO NOT leave a suicidal person alone\*\*\***

**\*\*\*DO NOT attempt to handle the situation on your own\*\*\***

**\*\*\*Always keep yourself safe\*\*\***

**\*\*\*Follow up with the person you have helped at a later date to show them that you care and they did the right thing by speaking to you\*\*\***