

LET'S KEEP TALKING

However
you're feeling
right now,
things can get
better

Talk to
someone
about it



Place your
camera phone
over the QR Code
for it to take you
to the Reach Out
Dudley website

CALL: People of all ages across the Black Country can access local mental health crisis services 24/7 directly, by calling **111** and selecting **option 2**

CALL: Samaritans **116 123** to talk to someone 24/7

TEXT: **'SHOUT'** to **85258** for free support 24/7

VISIT: www.reachoutdudley.co.uk for details of Mental Health & Wellbeing Services



If the messages in this poster have negatively affected you,
please contact Samaritans on 116 123 to talk to someone 24/7

Identifying suicide risk and keeping people safe

When you ask about suicide, you need to be clear and direct and always ask twice if you do not receive a response. For example you could say:

“The things you’re saying make it sound like you’re having thoughts of suicide? Is that something that’s on your mind?”

“Are you thinking about taking your own life?”

If the answer is **YES**

Q. How long have you been feeling this way?

Ask about plans for suicide

Q. Have you thought about how you’d take your own life?

Q. Have you made a plan for how you’d take your life? (i.e. where, how, when)

Ask about intention

Q. Are you thinking about acting on your feelings in the immediate future?

YES

NO

Staying safe

Explain that you’re really concerned for their safety and you don’t want to leave them, until there’s a plan in place to keep them safe.

Ask if they are already in touch with any support services, such as their GP or mental health services.

If the answer is **NO**

Help the person identify what protects them

Q. What do you think helps keep you safe from suicide?

Agree with the person a plan to keep them safe.

Give key contacts for mental health support

If the person is in crisis, but not in immediate danger call **111** and select **option 2**

Emergency action

Ask them if they have the support of a close relative/friend/doctor/health professional.

Ask for the contact details and call them.

Stay with the person until support arrives.

If you believe the person is a danger to themselves or others, call 999 immediately.

Inform your manager, follow your policy

If this happens in work tell your manager what has happened as soon as it is safe to do so.

Help the person identify how they’ll stay safe until they access further support.

To find out about free suicide prevention training from Zero Suicide Alliance visit:

www.zerosuicidealliance.com/training

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