

MENTAL HEALTH CRISIS

## SUICIDE IDEATION

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One person every 40 seconds dies as  
a result of suicide

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## SUICIDE IDEATION

Deaths occur in all ages.  
Women are more likely than men to  
have suicidal thoughts.  
Men are 75% more likely to die as a  
result of suicide than women.

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## SUICIDE IDEATION

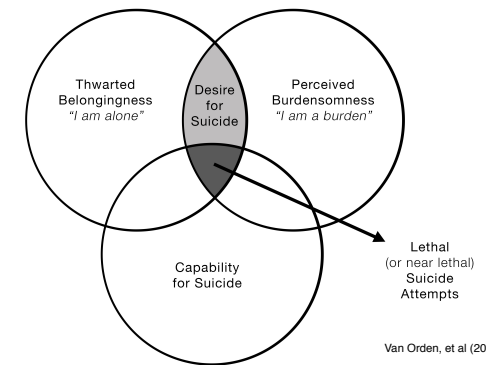
Only a small proportion of people who  
think about, make plans or attempt  
suicide actually die as a result of  
suicide

## SUICIDE IDEATION

Many people who consider suicide do not want to die, they simply do not want to live with the pain they're feeling, and talking openly about suicide can help to save their lives

## SUICIDE IDEATION

Interpersonal  
Theory of Suicide



## SUICIDE IDEATION

Increasing social connection and belongingness is an important part of suicide prevention

## SUICIDE IDEATION

Thoughts as messengers

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## HOW TO TELL IF SOMEONE IS SUICIDAL

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## SUICIDE IDEATION

Signs that someone may be feeling suicidal:  
They talk about suicide

Beyond Blue

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## SUICIDE IDEATION

Signs that someone may be feeling suicidal:  
Feeling like a burden to others

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## SUICIDE IDEATION

Signs that someone may be feeling suicidal:  
Frequently taking about death

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## SUICIDE IDEATION

Signs that someone may be feeling suicidal:

A sense of hopelessness

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## SUICIDE IDEATION

Signs that someone may be feeling suicidal:

Isolation or feeling alone

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## SUICIDE IDEATION

Signs that someone may be feeling suicidal:

Negative view of themselves

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## SUICIDE IDEATION

Signs that someone may be feeling suicidal:

Aggressiveness or irritability

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Signs that someone may be feeling suicidal:

Possessing lethal means of  
taking their life

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Signs that someone may be feeling suicidal:

Self-harming behaviour

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Signs that someone may be feeling suicidal:

Risk-taking behaviour

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Signs that someone may be feeling suicidal:

Substance abuse

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Signs that someone may be feeling suicidal:

Making funeral arrangements

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## SUICIDE IDEATION

Signs that someone may be feeling suicidal:

Giving away their belongings

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## WHAT TO DO IF SOMEONE IS SUICIDAL

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## SUICIDE IDEATION

What to do if someone is suicidal:

Approach them promptly and let them  
know your concerns

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## SUICIDE IDEATION

What to do if someone is suicidal:  
Ask the person directly if they are  
thinking about suicide

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## SUICIDE IDEATION

What to do if someone is suicidal:  
If they disclose suicidal thoughts,  
remain calm, confident and  
empathetic

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## SUICIDE IDEATION

What to do if someone is suicidal:  
It is more important to be genuinely  
caring than it is to say the right things

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## SUICIDE IDEATION

What to do if someone is suicidal:  
Always take suicidal thoughts  
seriously and take action

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## SUICIDE IDEATION

What to do if someone is suicidal:

Ask questions

## SUICIDE IDEATION

Ask questions

Do you have a plan?

Have you been using any drugs or alcohol?

How do you intend to take your life?

Have you ever attempted or planned suicide in the past?

Have you decided when you will carry out the plan?

Have you already take any steps towards carrying out the plan?

If they are hearing voices, what are the voices telling them?

## SUICIDE IDEATION

What to do if someone is suicidal:

Assess the support they have available to them

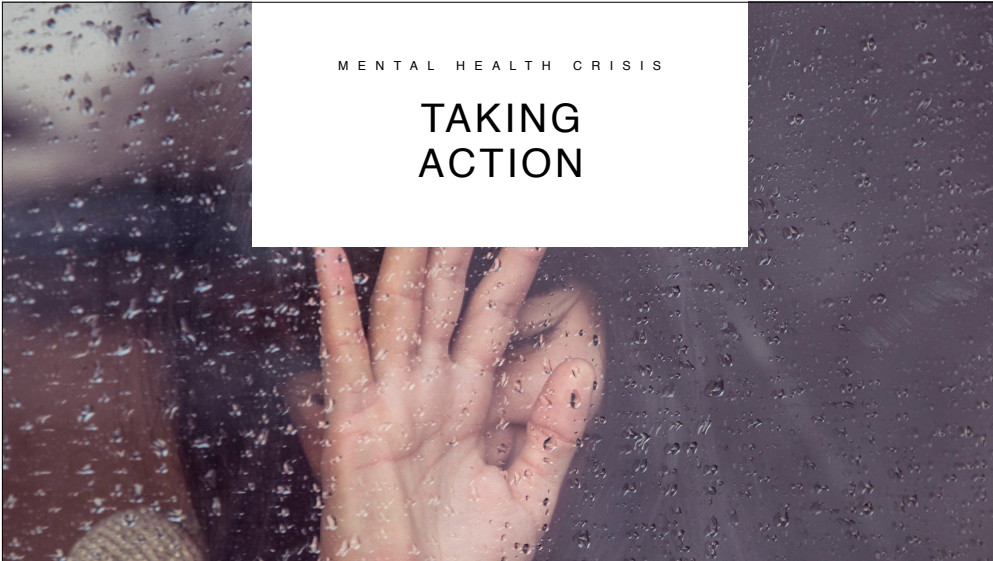
## SUICIDE IDEATION

Assess support

Have you told anyone else about how you're feeling?

Are you receiving any mental health treatment or taking medication?

Have there been any changes in your life recently?



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## TAKING ACTION

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## SUICIDE IDEATION

Taking action:  
Never leaving a suicidal person alone

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## SUICIDE IDEATION

Taking action:  
Acting collaboratively with the person  
to ensure their safety

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## SUICIDE IDEATION

Taking action:  
Reminding the person that suicidal thoughts  
don't need to be acted on and there are  
alternative solutions to their problems and  
ways of coping

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## SUICIDE IDEATION

Taking action:

Asking them if there is someone who  
has supported them in the past

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## SUICIDE IDEATION

Taking action:

Collaboratively develop a safety plan  
or agreement for the person to help  
keep them safe

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## SUICIDE IDEATION

Taking action // Safety plan:

What will be done  
Who will be doing it  
When it will be carried out

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## SUICIDE IDEATION

Taking action // Safety plan:

Create the plan for a length of  
time that feels easy for the person  
to cope with

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## SUICIDE IDEATION

Taking action // Safety plan:

Include contact numbers that the person agrees to call if they are feeling suicidal

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Taking action:

Encourage the person to get professional support as soon as possible, and provide them with appropriate information about local services

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Taking action:

If they refuse professional help, call a mental health service or crisis line and ask for advice on the situation

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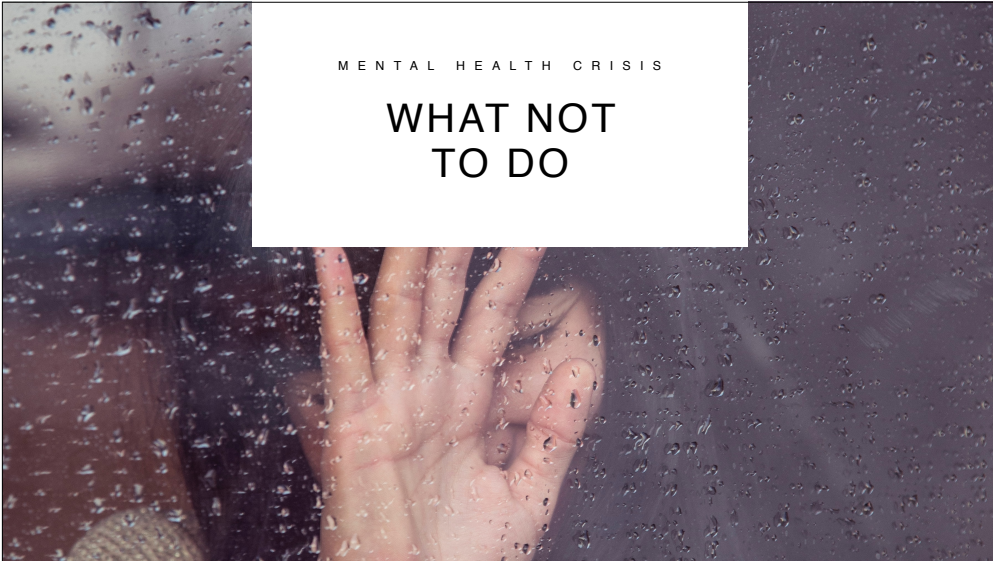
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## SUICIDE IDEATION

Taking action:

Never promise to keep a plan for suicide or the risk of suicide a secret

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## WHAT NOT TO DO

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## SUICIDE IDEATION

What NOT to do:

Don't argue with the person about  
their suicidal thoughts

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## SUICIDE IDEATION

What NOT to do:

Don't discuss whether suicide is  
right or wrong

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What NOT to do:

Don't use guilt or threats

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What NOT to do:

Don't minimise their problems

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What NOT to do:

Don't give insincere reassurances

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What NOT to do:

Don't interrupt with your own stories

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What NOT to do:

Don't communicate a negative attitude or lack of interest with your body language

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What NOT to do:

Don't call their bluff, dare or tell them to *'just do it'*

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What NOT to do:

Don't attempt to give them a diagnosis of a mental illness

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What NOT to do:

Don't avoid using the word suicide

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## SUICIDE IDEATION

What NOT to do:

Don't use stigmatising terms like *'committing suicide'* or referring to a previous attempt as *'failed attempts'*

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## SUICIDE IDEATION

Use your listening skills

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## SUICIDE IDEATION

If in doubt, always ask for support

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## LOOK AFTER YOURSELF

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## SUICIDE IDEATION

You are not responsible for the behaviours of another person and you may not be able to prevent someone from taking their life

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## SUICIDE IDEATION

Always seek support for yourself

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## SUICIDE IDEATION

Stay within your scope of practice and  
take care of yourself

THANK YOU

A woman with long, wavy brown hair is sitting on the ground in a grassy field. She is wearing a white long-sleeved top with lace detailing at the neckline and blue jeans. She is smiling and looking towards the camera. The background consists of green trees and foliage, suggesting an outdoor setting.