Connect () **CONVERSATIONS AROUND SUICIDE**

If you suspect your friend or colleague may be having thoughts of harming themselves, this flowchart will be helpful:

Explore intensity:

- How often have you been having these thoughts?
- How intense are these thoughts?
- How long have you been feeling this way?

Method:

• Have you given thought to how you might do this?

Planning:

• Is this something you've got a plan in mind for?

Immediate action:

 I'm worried about you and don't want to leave you without a plan for how to get you through this hard time.

Emergency action:

- Arrange help.
- Inform person's GP/
- manager.
- Dial 999 if immediate threat to life.

Support person to make their safety plan
Signpost to local services/resources
e.g. <u>www.stayingsa</u>

> Sometimes when people have the thoughts and feelings you have described they can start to feel hopeless and have thoughts about ending their own life. Is this something you have found yourself experiencing?

MORE INFORMATION

Here are some resources and recommended websites

- HEH Mind easthantsmind.org
- Samaritans <u>samaritans.org</u> t: 116123
- Mind mind.org.uk
- ChildLine <u>childline.org.uk</u> t: 0800 1111
- Citizens Advice citizensadvicehavant.org
- Action for happiness
 <u>actionforhappiness.org</u>
- Mental health self-help guides

mentalhealth.org.uk/ publications

- iTalk italk.org.uk
- Hub of Hope
 hubofhope.co.uk

