

SUICIDE IS REAL - 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: Black Country 24/7 Urgent Mental Health Helpline **0800 008 6516** to talk to someone 24/7 or text them on **07860 025281**

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

Dudley
Metropolitan Borough Council



reach out
IT'S OK TO TALK ABOUT SUICIDE

If you have been negatively affected by this, 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 of 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** or the Black Country 24/7 Urgent Mental Health Helpline **0800 008 6516**

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 in immediate danger to themselves or others, call **999**

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