

Looking out for a mate



HELPING TIPS

Reach out ... give support ... get help

Some suggestions

Pay attention

- read signs of concern
- trust your hunches
- take **any** talk of suicide seriously

Reach out

- show you care
- tell them what you noticed
- take time to listen

Give support

- let them talk
- explore other options
- build realistic hope
- get more support (e.g. family, mates, counsellors, crisis lines)

Get Help

- don't leave if there's suicide risk right now
- remove available means of harm
- know your limits
 - ... involve others, get further help
- follow up
 - ... stay alert to ongoing needs / risk

Avoid

- 'quick fixes', 'cheer up' advice
- telling them 'not to worry',
- drinking to avoid the pain

Show respect

- try to understand
- be yourself
- take them seriously

Check it out

- say things like
 - 'Lately I've noticed...'
- ask others what they noticed
- if in doubt check it out it

Ask about suicide

- If concerned, ask directly:
 - 'Are you thinking about suicide?'

Keep safe

- focus on safety first
- encourage no self-harm
- Look out for your safety
 - and safety of others

Find ways to keep the person safe



Promise support not secrecy

Stay involved ...

Get help from others