

5 ACTION STEPS FOR COMMUNICATING WITH SOMEONE SUICIDAL



ASK AND LISTEN

Are you thinking about killing yourself? Asking does not increase suicides or suicidal thoughts. Then listen - allow them to express what they are thinking or feeling. Also, listen for any potential reasons for wanting to continue to stay alive.



KEEP THEM SAFE

Talk about steps you can take together to keep them safe. Does the person **INTEND** to take their own life? Does the person have a **PLAN**? Does the person have access to **MEANS** to carry out the suicide? Does the person have in mind **WHEN** they will carry out the suicide?



BE THERE



Physically present, voice calls, text messages, instant messaging, video calls

HELP THEM CONNECT

With a mental health professional, trusted individual (family member, friend, spiritual leader), crisis helplines, support groups



FOLLOW UP



Check in to see how they are doing.



PREVENTION
COLLABORATION
COMMUNITY STRENGTHS
ACTION RESEARCH

cwcskenya.weebly.com

Adapted from www.who.int; www.suicidology.org;
www.bethelto.com