

# **A cause we care about: Suicide Prevention**

A guide for individuals, workplaces  
and communities.

# What are suicidal thoughts?

Suicidal thoughts refer to thoughts or ideations about wanting to end one's life.

These thoughts can range from fleeting and passing considerations of suicide to persistent and intense desires to die. People experiencing suicidal thoughts may feel overwhelmed by emotional pain, hopelessness, or despair, and they may believe that ending their life is the only way to escape their suffering.

It's important to take suicidal thoughts seriously and seek help immediately. If you or someone you know is experiencing suicidal thoughts, reach out to a mental health professional, a helpline, or a trusted person in your life. Remember, there are resources available to provide support and assistance.

# Why is it important to support suicide prevention?

By supporting suicide prevention efforts, we can save lives. We can take appropriate steps to reduce incidents of suicide by raising awareness and helping people understand more about this.

When we openly discuss suicide and mental health, we create an environment where people feel more comfortable seeking help without fear of judgment. Will you help us?

# How to support others

Recognising the signs of suicidal thoughts in someone can be crucial in providing timely help and support.

**Remember, as a concerned individual, you are not expected to be a mental health professional. Your role is to provide support and encourage the person to seek appropriate help from trained experts.**

If you feel genuinely concerned for their wellbeing and imminent harm is possible, ring the emergency services. This is a 999 call.

**If someone you know is suicidal or expressing thoughts of harming themselves, it's essential to take their feelings seriously and act promptly. Here are some steps you can take to help.**

1. Stay calm and listen: Approach the person with empathy and understanding. Allow them to express their feelings without judgement or interruption.

2. Don't leave them alone: If the person is in immediate danger, stay with them or ensure that someone else can stay with them until you can get professional help.

3. Encourage professional help: Suggest that they speak to a mental health professional. Offer to assist them in finding resources or making appointments.

4. Remove any potential means of self-harm: If there are any dangerous objects or substances around, try to remove them from the person's vicinity.

5. Reach out to their support network: Inform friends, family, or any other close individuals about the situation so they can provide additional support.

6. Encourage self-help resources: Offer them information about helplines, suicide prevention websites, or support groups where they can find assistance and understanding.


7. Avoid promising secrecy: While you should respect their privacy, it's crucial to involve professionals or trusted individuals who can help keep the person safe.

# How to recognise if someone is feeling suicidal.

It's important to remember that not everyone will show all of these signs, and some signs may be more apparent than others. Some people may not show any signs at all.

1. Talking about suicide
2. Social withdrawal
3. Mood swings
4. Giving away possessions
5. Increased substance use
6. Expressing feeling trapped
7. Changes in sleep patterns
8. Expressing feelings of worthlessness
9. Expressing no reason to live
10. Engaging in risky behaviours

If you notice any of these signs or are concerned about someone's well-being, it's essential to talk to them openly about your concerns and encourage them to seek professional help from a mental health provider or a crisis helpline.

 **I wish other people would understand that I don't want these feelings, I didn't ask for these feelings and I want them to go away, but it isn't that simple.**





# Supporting someone in the workplace

Information for employers

**Preventing suicide is a collective effort that involves the support and action of individuals, communities, and businesses.**

While businesses can't solve this complex issue on their own, they can play a significant role in creating a supportive and compassionate environment for their employees.

# As a business, how can we support suicide prevention efforts?

Here are some strategies that businesses can implement to help prevent suicide:

1. **Mental health awareness and training:** Educate employees and managers about mental health, including the signs of distress and how to support someone who may be struggling. Offer training programs such as Mental Health First Aid (MHFA®). Speak to us about your training needs. We can help.
2. **Create a supportive workplace culture:** Foster an environment where employees feel comfortable discussing mental health concerns without fear of stigma or reprisal. Encourage open communication and empathy among colleagues.
3. **Offer employee assistance programs (EAPs):** Provide access to EAPs or other mental health resources that offer confidential support to employees and their families.
4. **Flexible work arrangements:** Consider offering flexible work schedules and remote work options, which can reduce stress and help employees balance their work and personal life.
5. **Promote work-life balance:** Encourage employees to take breaks, use their annual leave entitlement, and maintain a healthy balance between work and personal life.

**To discuss your organisational training needs, get in touch. We can help. Email [workplacewellbeing@heymind.org.uk](mailto:workplacewellbeing@heymind.org.uk)**



# Looking after your own mental health and wellbeing

For 24/7 advice and support, call the Mental Health Advice  
and Support Line on 0800 138 0990 (Freephone)

The Samaritans are also available 24/7. Call 116 123.



# Looking after yourself

In addition to reaching out to a mental health professional, here are some self-care tips that may help complement the support you receive:

1. **Reach out for support:** Talk to someone you trust, such as a close friend, family member, or a helpline. Letting someone know what you're going through can provide relief and help you feel less alone.
2. **Distraction and grounding:** Engage in activities that can help distract your mind from distressing thoughts, such as reading, watching a movie or going for a walk.
3. **Create a safety plan:** Work with someone that you trust to develop a safety plan that outlines coping strategies and emergency contacts for times when you feel overwhelmed.
4. **Remove potential means:** If you have access to any means that could be harmful, such as firearms or medications, consider asking a trusted person to help you remove them temporarily.
5. **Practice relaxation techniques:** Engage in activities that promote relaxation, such as deep breathing exercises, meditation, or progressive muscle relaxation.
6. **Practice self-compassion:** Be kind to yourself and recognise that it's okay to struggle. Avoid self-criticism and negative self-talk.

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