



SUICIDE PREVENTION STRATEGIES

About Suicide

Most suicides are a reaction to intense feelings of loneliness, hopelessness and depression. When the feelings become too overwhelming the suicidal person decides to end the pain. It seems the only answer.

Warning Signs

Recognise that the warnings are a cry for help. LISTEN and pick up on subtle messages. A few of these warning signals are:

- Suicide threats or repeated statements about one's death.
- Previous suicide attempt.
- Sudden changes in behaviour (avoidance of friends, unusual aggression or moodiness).
- Depression (crying, sleep disturbances, self-dislike, loss of appetite, poor concentration, and a sense of hopelessness).
- Final arrangements (such as giving away personal possessions, finalising legal matters).

What to Do

- BELIEVE your suspicions that the person may be suicidal. Advise HR IMMEDIATELY.
- COMMUNICATE concern for his/her well-being. Listen and show support. Do not be judgmental. Imagine how you would feel in the same place. LISTEN.
- BE DIRECT. Ask questions, talk openly and freely. Determine if the person has a plan for suicide (when, where, how etc). The more detailed the plan, the greater the risk.
- SEEK PROFESSIONAL HELP. Get help from your doctor, therapist, school counsellor, minister, or LifeLine. If you keep this secret you may lose someone you care about.
- PREVENTION - If possible, remove all lethal drugs, guns, alcohol etc, out of harm's way.

What Not to Do

- DO NOT leave the person alone if you believe the risk of suicide is imminent. (Many suicides take place in the home between 3:00 pm and midnight).
- DO NOT assume someone isn't the suicidal "type". Anyone can feel that desperate.
- DO NOT act shocked at what he/she tells you.
- DO NOT debate the morality of self-destruction. This may bring an even lesser sense of self-worth and more guilt.

Common Myths

- "He isn't the type to kill himself"
- "People say she attempted suicide, but she was just trying to get attention; if nobody makes a big fuss over it, she won't do it again"
- "Calling attention to suicide just encourages people to do it. The best thing to do is not talk about it".

Always err on the side of caution. Contact 000 if in a crisis, your GP or local mental health crisis team, or call EASA on 0407 111 003

EMPLOYEE ASSISTANCE SERVICES AUSTRALIA PTY LTD

www.easa.net.au • help@easa.net.au • PO Box 2077 Greenhills NSW 2323
Ph 0407 918 998 • Emergency 0407 111 003 • For life threatening emergencies call 000