

Suicidal Thoughts

How to support someone

Key Points:

Suicide is when someone ends their own life. This factsheet looks at why someone might think about suicide and how you can help them. It also looks at support for you.

People think about suicide for different reasons:

- If you are worried that someone may be thinking about suicide, talk to them. Ask them about how they are feeling
- Talking to someone about their suicidal thoughts doesn't make them more likely to end their life
- You can help someone who is feeling suicidal by listening, without judging them
- You can support someone to think about other options to deal with their feelings. Such as accessing support from the NHS, charities or self-help
- Small gestures such as saying 'hello' or asking, 'how are you today?' can sometimes make a big difference to how someone is feeling
- If someone is in crisis you may need to get help from mental health services or the emergency services
- If someone tries to end their life, this is not your fault
- Helping someone with suicidal thoughts is likely to have a big impact on you. Find out what support is available to you.