

Suicide Awareness



Introduction

Suicide awareness is identifying indicators in a person's life, recognising worrying behaviour, and removing the stigma of talking openly with a person who needs help. Talking about suicide does not make someone more likely to take their own life.

Terminology – In 2018 a call for an end to the phrase 'commit suicide' preferring the term 'die by suicide' was backed by mental health and suicide charities and members of parliament.

Additional Information & Support

- [Dear Life](#)
- [Samaritans](#)
- [National Suicide Prevention Alliance](#)
- Young People and Suicide: [Papyrus](#)
- Young People Mental Health: [Kooth](#)
- Coventry & Warwickshire Bereavement Service: [Amparo](#)
- Suicide Awareness Training: [Zero Suicide Alliance](#)

What behaviours may indicate suicide ideation?

- Talking about wanting to die or kill oneself
- Researching suicide accessing the means to kill oneself
- Talking about feeling hopeless or having no purpose
- Anxious behaviours, agitated or reckless
- Withdrawing and sleeping too little or too much
- Displaying extreme mood swings
- Increasing use of drugs or alcohol
- Physical marks on body
- Lowering of school grades

What else should I consider?

- **Immediate risk to life:** call 999 or take the individual to A&E
- **For urgent advice when it is not life threatening:** call 111
- **For confidential emotional support for residents across Coventry and Warwickshire:** call 0800 616171 (Coventry and Warwickshire Mental Health Helpline)

What life factors could influence?

- Trauma, such as abuse
- Bullying, shaming and humiliation
- Job loss / homelessness
- Chronic pain or illness
- Family history of suicide
- Unresolved issues regarding sexual orientation
- Academic pressures
- Exploitation
- Exploration of gender alignment
- Financial troubles
- Bereavement
- Mental illness
- Substance abuse

What if they disclose suicidal feelings?

- Stay calm and listen – It's ok not knowing what to say
- Don't judge or try to fix everything – you don't have to know what to do
- Don't minimise their feelings – you need to hear their reasons for wanting to die before focusing on reasons for living
- Find out what kind of help they would appreciate. It might not be a professional service but could be a friend, family member, partner, or other trusted person.

How do I encourage somebody to talk?

No one person's experience is the same. The only way to be sure if someone is contemplating suicide is to **ask**. Here are a few example questions:

- Have things got so bad you're thinking about suicide?
- The things you have been saying make me wonder if you are thinking about suicide. Is that how you feel?

Having somebody to listen with compassion can help people feel less alone or overwhelmed.