

How to help someone who is thinking about suicide

You don't need to be a counsellor to help.

Being present, listening without judgement and helping someone connect with support can make a difference.



→ ASK DIRECTLY

If you are worried about someone, it is okay to ask about suicide directly.



- “Are you thinking about suicide?”
- “Are you thinking about ending your life?”

Asking someone about suicide does not put the idea in their head. It can give them permission to talk openly about what they are experiencing.

→ LISTEN AND TAKE THEM SERIOUSLY

Give them time and space to talk.

- ✓ Stay calm and listen without judgement.
- ✓ Acknowledge how difficult things feel for them.
- ✓ Avoid trying to immediately fix the situation.
- ✓ Don't dismiss their feelings or tell them they have nothing to be upset about.
- ✓ Thank them for trusting you enough to tell you.



→ WHAT TO SAY



- “I'm really glad you told me.”
- “I'm here with you.”
- “You don't have to deal with this alone.”

→ HELP KEEP THEM SAFE

If someone tells you they are thinking about suicide, take it seriously.

Ask whether they feel safe right now and whether they can stay safe. If you are concerned about their immediate safety:

- ☒ Stay with them or arrange for another trusted person to stay with them.
- ☒ Help make their surroundings safer by reducing access to things they could use to harm themselves.
- ☒ Help them connect with professional or crisis support.
- ☒ Do not promise to keep suicidal thoughts a secret. Safety comes first.



If there is immediate danger

Call Triple Zero (000) or go to the nearest Emergency Department.

If you are unsure how serious the situation is, you can also contact a crisis service for advice about what to do next.

→ CONNECT THEM WITH SUPPORT

You don't have to manage the situation alone. Encourage the person to connect with someone who can provide ongoing support.

→ OFFER TO

- ☒ Sit with them while they make a call.
- ☒ Help them contact their GP or mental health professional.
- ☒ Drive or accompany them to an appointment.
- ☒ Contact a trusted family member or friend with them.
- ☒ Help them develop a suicide safety plan.



→ **KEEP CHECKING IN**

Support shouldn't end after the immediate crisis.



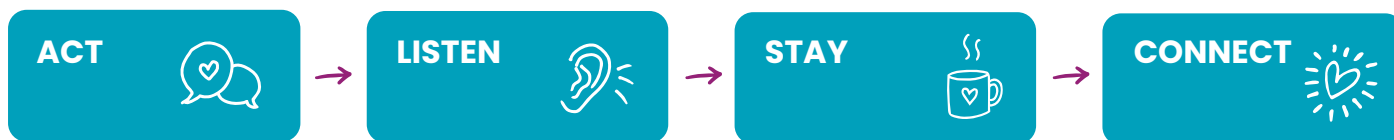
"I've been thinking about you. How are you going today?"

A simple message, phone call or visit can remind someone they are valued and not alone. Keep encouraging connection with professional and personal supports.

→ **REMEMBER YOUR OWN WELLBEING**

Supporting someone who is experiencing suicidal thoughts can be distressing.

You don't have to carry the responsibility alone. Talk with someone you trust, seek professional advice or contact a support service yourself if you need guidance.

→ **REMEMBER TO**

You don't need to have all the answers. Being there and helping someone stay connected to support matters.

24/7 support

Lifeline	Call 13 11 14 Text 0477 13 11 14
Suicide Call Back Service	1300 659 467
Immediate danger	Triple Zero (000)