

WORLD SUICIDE PREVENTION DAY 2024

#Start the conversation

This years World Suicide Prevention Day is focused on changing the narrative. Understanding the importance of starting the conversation and how this can be done.

RECOGNISE THE WARNING SIGNS

- Watch out for changes in someones personality or behaviour
- Withdrawing from others
- Someone putting their affairs in order
- Self destructive behaviour



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2



LISTENING TO PEOPLE

- Listening to people helps them understand you care.
- Show empathy to the person, you do not need to know all the answers.

3

ASK THE QUESTION WHEN APPROPRIATE

- Do not be afraid to ask someone if they are thinking of suicide
- This does not make them more likely to have suicidal thoughts
- It is a very important question to ask



4



KEEP CHECKING IN

- regular check ins are important to understand how someone is feeling
- suicidal thoughts and behaviour cant return at any point and its important to have someone to open up to

5

KNOW WHAT TO DO IN CRISIS

- If someone is at immediate risk of suicide, dial **999**
- If someone is having thoughts of suicide, encourage them to call Samaritans on **116 123**, or text 'SHOUT' to **85258** .

