

BECAUSE

# #OneIsTooMany

PREVENT YOUTH SUICIDE.

## 17.5%

**SECONDARY STUDENTS RESPONDENTS**  
reported suicide ideation



have made a suicide attempt

## 7.8%

## SUICIDE RATE

OF YOUTH AGED 15 - 24 reached a record high in 2022

## 12.2



### 1 LOOK OUT FOR SIGNS



Noticing changes in life habits, energy levels, what they say and even how they think, can indicate they may have something to share. Regularly checking-in with them and letting them know you've noticed something are good ways to start conversations with them.

### 2 BE NON-JUDGEMENTAL AND RESPECTFUL



Being non-judgemental does not mean we have to agree with all of their beliefs or behaviours no matter what, but we can still show respect and validate their experiences. Everyone deserves to feel heard and understood.

### 3 ENCOURAGE THEM TO SEEK PROFESSIONAL HELP

This is not a sign that you "cannot handle" their situation, but it is important for us to set boundaries and know our limits. To be more involved, you can offer to accompany them to their appointment or help them to think about what they might share with the professional. Here are some things you can help them note down:

- Differences in sleeping and eating habits
- Recent thoughts and emotions, and how they acted on them (their behaviours)
- When they first noticed their daily life was being disrupted

If they are willing, they can also let you know how the sessions are going and if they would like to continue with them.



### 4 APPROACH WITH EMPATHY & IMPARTIALITY

Avoid using language that blames or portrays suicide as a selfish or weak act. Understand that individuals considering suicide often face immense emotional pain, distress and loneliness.

### 5 ACT WITH KINDNESS



A simple word or a short conversation can make a big difference. It can be as simple as showing appreciation for someone's outfit / style or thanking them for contributing to something. Let them know they are seen, and build each other up bit by bit to create their confidence.

## WHAT YOU CAN DO AS A COMMUNITY MEMBER

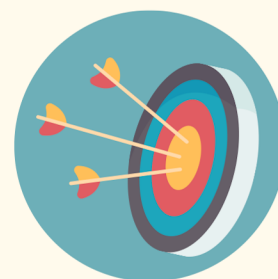


### CREATE CONNECTIONS

Someone who has recently changed school, jobs or even country may be feeling lonely or vulnerable. Welcome them to your community by inviting them to regular gatherings or events.

### STAY IN CONTACT

Catching up through a phone call or text message can help to establish you are still here to support them and want to take an interest in what's been going on.



### FIND A PURPOSE

In a community, filling a role and being responsible for a part of something can greatly motivate them. Help them to establish a new weekly activity, volunteer or organise a fun group event, like a potluck.

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## When speaking to a community member,

### DO NOT

Simplify or assume the reasons for suicide. It is often not one, but several factors that influence someone to have suicidal thoughts or ideation.

### INSTEAD

Show love and understanding even if the reasons are unknown, unclear or even complicated.

### DO NOT

Describe suicide as happening for no reason or 'without warning'. Some of our responses to hearing that someone we know took their own life may be "They hid it really well" or "If they had just told me, I could have been there for them".

### INSTEAD

Most people who attempt suicide will have warning signs before acting on their plan. Be aware and identify warning signs, acknowledge that they may have already asked for help before, we just may not have noticed.

### DO NOT

Agreeing that suicide can be a solution to the problems that they are struggling with.

### INSTEAD

Help explore healthy coping strategies to manage their emotions and create a feeling for them that there is still hope...

## In general, when writing or talking about suicide...

### Instead of...

### Try...

### Why?

commit / committed suicide

died by suicide / death by suicide  
lost their life to suicide  
took their own life / ended their life

"Commit" implies suicide is a sin or crime, reinforcing the stigma that it's a selfish act and personal choice. Using neutral phrasing helps strip away the element of shame/blame.

successful / unsuccessful suicide  
completed/failed suicide

survived a suicide attempt /  
lived through a suicide attempt fatal suicidal  
behaviour /  
non-fatal suicidal behaviour  
fatal suicide attempt /  
non-fatal suicide attempt

The idea of a "successful" suicide is inappropriate because it glorifies the experience as having a positive outcome.

[Name] is suicidal

[Name] is thinking of suicide / has suffered  
through suicidal thoughts / has experienced  
suicidal ideations

We don't want to define someone by their experience with suicide; they are more than their suicidal thoughts.

[Name] is feeling suicidal because of... /  
They took their own life because...

/

Don't speculate on the reason someone may be experiencing suicidal thoughts or the reason they took their own life. Influencing factors can be very complex.