

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 LOVED ONES



OFFER PRACTICAL SUPPORT

Being there for someone can go beyond words. Feeling low or having a lot on your mind can make daily tasks difficult, like cooking, maintaining personal hygiene, or even getting out of bed. Offering to take up one or two tasks for them can go a long way!

SWITCH OFF

If they are too stressed about school or work, help them draw out a space where they don't use a phone or computer for a while.



WALK THE TALK

Demonstrate the importance of caring for your mental health by showing others you're also taking regular breaks, eating well, and asking yourself how things are going. Modeling self-care can encourage others to do the same.



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When speaking to your loved one,

DO NOT

Assume it is done for attention, to be dramatic, or to be manipulative.

INSTEAD

Consider it may be a sign that they need support, but they used an inappropriate or unhealthy way to express.

DO NOT

Openly ask about their intentions of suicide in front of other people or in a public space.

INSTEAD

In a private and safe "space", directly ask if they have any thoughts of suicide / death, and providing them an opportunity to open up to you. Let's bust the myth: talking about suicide doesn't make someone want to do it more.

When speaking with someone who may be in distress:

Avoid saying

- Are you going to do something silly?
- Are you thinking of ending it all?
- You're not going to do anything serious to yourself, are you?

Instead, try

- Are you having thoughts of suicide?
- Are you feeling suicidal?
- Have you thought of ending your own life?

Why?

By asking directly, you are showing that you are prepared to support them and will not be dismissive or make fun of them. Using the word 'suicide' helps to clear up any ambiguity.

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

attempted suicide
have suicidal thoughts / ideations
engaged in self-harm behaviours

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.