



Take good care of yourself

Dealing with a loved one in suicidal crisis can be very emotional.

You have to take good care of yourself by:

- Making sure you have the support of friends, family or your GP
- Not promising to keep it a secret
- Making sure to relax



Noticing the signals

People who are thinking about suicide tend to change their behaviour:

- They could avoid contact
- They could act recklessly and carelessly
- They could be sad and gloomy

They also show verbal signs, such as:

- 'Soon, no one will be bothered by me.'
- 'I couldn't care less anymore.'
- 'I'd be better off dead.'

Certain events or circumstances may increase the risk of suicide:

- Previous suicide attempts
- Recent losses (job or relationship)
- Somebody else's suicide
- Mental problems



Facts and fiction

Many misunderstandings about suicide exist:

'Talking about suicide makes someone want to kill himself.' **This is not true.** It doesn't. It simply shows you care. Talking about suicide helps to take away some of the loneliness and tension.

'Suicide happens suddenly.' **This is not true.** Though suicide may appear to happen suddenly and unexpectedly, for the person doing it it has been a much longer process.

'Talking about suicide might help someone to feel better.' **This is true.** Talking helps. Sharing their feelings about suicide may be the first step towards help for someone.



Do and Don'ts

Talking about suicide can save a life. It is good to know the do and don'ts:

- | | |
|--|--|
| <ul style="list-style-type: none"> - Don't approve of the choice. Show empathy but make sure to state suicide is not the proper solution. - Don't give advice. For someone who is struggling your advice can be a step too far. - Don't judge. Judging may cause the other person to shut down. There is no right or wrong. | <ul style="list-style-type: none"> ✓ Do name it. Using the word suicide is okay. When you suspect someone has thoughts about suicide, then tell it like it is. ✓ Do ask more questions. This is the way to find out what someone is actually feeling. ✓ Do secure safety. Help the other person to establish a secure environment and talk about the proper options for getting help. |
|--|--|

How can you help someone who is struggling with suicide?

113 suicide prevention

In case of *immediate danger* call

112



Ask the question

When you think someone has suicidal thoughts, make sure to ask.

Use the question below that suits you best, or choose your own words. Make sure you are clear in what you say.

'Do you ever think: I don't care anymore?'

'Do you ever think about taking your own life?'

'Do you ever think: I do not want to live my life like this?'



Listen, show empathy

When someone tells you that he/she is thinking about suicide, ask more specific questions. Find out what he/she feels, wants or thinks. Listen with an open mind and without prejudice.

You could ask:

'How awful. What makes you feel this way?'

'You must feel quite desperate. Is that true?'

'How often do you think about suicide?'


'Do you have any ideas on how you want to take your life?'



Look for help together

Someone who is suicidal needs help right away.

- Do not assume that this person will look for help on his/her own.
- Offer your help to find professional support together.
- A GP or 113 suicide prevention can help and advise you to find the right support.

 Call: 0900 - 0113

 Chat: www.113.nl

You can reach us 24/7. Your call is confidential and anonymous.



*Suicide:
talk about it.*