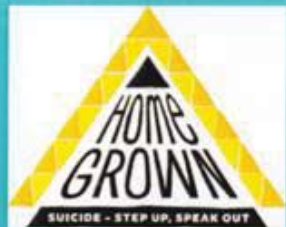


# Suicide MYTHS & FACTS



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homegrownstepupspkout

## MYTH

Asking people about suicide will increase the risk of suicide

## FACT

No it won't.

Asking the questions may open up the conversation.

## MYTH

There is no way of knowing who is going to attempt suicide

## FACT

Sometimes there isn't, and there aren't always clear signs, but if there are they may look like this; changes in behaviour, increased stress, talking about death, feelings of being a burden or risk taking behaviour.

## MYTH

Suicide is the result of a mental illness

## FACT

Suicide can be the result of many factors including trauma, pain, grief or relationship breakups. A person who suicides will not necessarily have a mental health condition.

## Help Lines

- **Lifeline** (open 24/7) - **0800 543 354**
- **Depression Helpline** (open 24/7) - **0800 111 757, www.depression.org**
- **Healthline** (open 24/7) - **0800 611 116**
- **Suicide Crisis Helpline** (open 24/7) - **0508 828 865** (0508 TAUTOKO).  
*This is a service for people who may be thinking about suicide, or those who are concerned about family or friends.*
- **Youthline** (open 24/7) - **0800 376 633**. You can also **text 234** for free between 8am and midnight.
- **Kidsline** (open 24/7) - **0800 543 754**.  
*This service is for children aged 5 to 18.*
- **Taranaki Rural Support Trust** - **0800 787 254** (0800 RURAL HELP)
- **Alcohol Drug Helpline** (open 24/7) - **0800 787 797**. You can also **text 8691** for free.

We wish to acknowledge Lanarkshire Health Care of Scotland for allowing us to modify their pathway

## MYTH

Crisis prevention is not my responsibility.

## FACT

The whole community needs to be involved in suicide prevention. Identifying and assisting individuals to work through their distress can prevent suicide from becoming an option.

# “CONVERSATIONS about SUICIDE”

Asking someone if they are feeling suicidal can be a very daunting experience.

These guiding questions are designed to help you during this conversation so an individual can get the right help.

**In a crisis it's important to remember to keep the person (and yourself) safe. Ways to do this include;**

1. Staying with the person and keeping them calm
2. Letting the person know you care and you are here to listen
3. Keeping the person talking – don't judge
4. Supporting/encouraging the person to access help from friends, whanau or professionals such as a GP.

## FIRST... check you are safe.

Now encourage the person to be assessed by a suitable health professional:

1. **GP** (if available immediately)
2. **School Counsellor or Public Health Nurse** (if suitable)
3. **Community key worker** (if they have one)
4. **Taranaki DHB Crisis Team** (Assessment & Brief Care Team) 0508 277 478. Sometimes you need to leave a message, and stay with the person.
5. **Emergency Department**  
Take the person to;  
Taranaki Base Hospital, David Street  
Hawera Hospital, Hunter Street

The person has a specific plan, means and intent to carry it out, now what can you do?

**WEAPONS, MEDICATION &/ OR OTHER MEANS PUTTING THEM AT IMMEDIATE DANGER. PHONE POLICE 111**

**1** Have you ever thought life isn't worth living? *and...*

**2** Are you thinking about suicide?

**NO** **YES**

**NO, BUT YOU HAVE CONCERNS**  
Let the person know if they need support to call **0508 TAUTOKO (828 865)** Suicide Crisis Helpline

**3** Why are you thinking about suicide? *or...*  
Why do you think life isn't worth living?

**More info needed - keep them talking**

**5** Do you have a means to carry out your plan?

**YES** **NO**

**4** Do you have a plan as to how you would attempt suicide?

**YES** **NO**

**NO SPECIFIC PLAN AND/OR MEANS TO CARRY OUT THE PLAN**  
Friends and whanau support are critical at this time, try to connect them with these supports.  
Help them to access support; GP, school counsellor, public health nurse