

# LandWorks Suicide Prevention Guidelines

## Quick Guide...

1. **Are they talking about suicide?... Raise concern**
2. **Is their plan detailed? ... how, where..... Alert**
3. **Is the plan specific?... set time, date..... Action**

Use a 1.... 10 scale to asses how desperate they feel

## More detail....

### **Changes to look out for:**

- becoming anxious, irritable or confrontational.
- having mood swings.
- acting recklessly.
- sleeping too much or too little.
- preferring not to be around other people.
- having more problems with work or studies.
- saying negative things about themselves.

### **Signs** that suggest someone is more likely to try suicide:

- threatening to hurt or kill themselves,
- talking or writing about death, dying or suicide, or planning death
- actively looking for ways to end their life, such as stockpiling medication.

It is rare for someone to be certain that they want to end their own life. Most people will be undecided about suicide, seeing some 'pros' and 'cons' of living and dying.

A lot of people try to seek help before attempting suicide by telling other people about their feelings or by self-harming to show people that they are in emotional

## Helpful...

- let the person know that you care about them and that they are not alone,
- make sure someone is with them if they are in immediate danger,
- try to get professional help for the person feeling suicidal and support for yourself.

You could reassure the person that they will not feel this way forever and that they can get help, including help from a doctor.

If you are not sure that someone is feeling suicidal, you could ask:

- “Are you thinking about suicide?” or
- “Are you having thoughts of ending your life?”

## Unhelpful....

- to be told that they are wrong or silly,
- to be patronised, criticised or analysed,
- to be told to cheer up or ‘snap out of it’,
- to be told that they should be grateful for having such a good life.

Remember reassurance, respect and support can help a person recover at this difficult time.

If you are worried contact..... A&E, Samaritans, Probation, LandWorks... Talk to somebody

If we are worried they are harming themselves then we call the **POLICE**

## LandWorks steps...

1. **Be aware of change**
2. **Listen**
3. **Report to Project Director or Resettlement Manager**
4. **Try to help, contact support services**
5. **Follow emergency procedure**