



Enabling Assessment
Service London

Funded through



Being with someone experiencing thoughts of ending their life

In partnership with



BEING with someone experiencing thoughts of ending their life

Understanding

Skills in co-regulation

Facilitating

Your Support

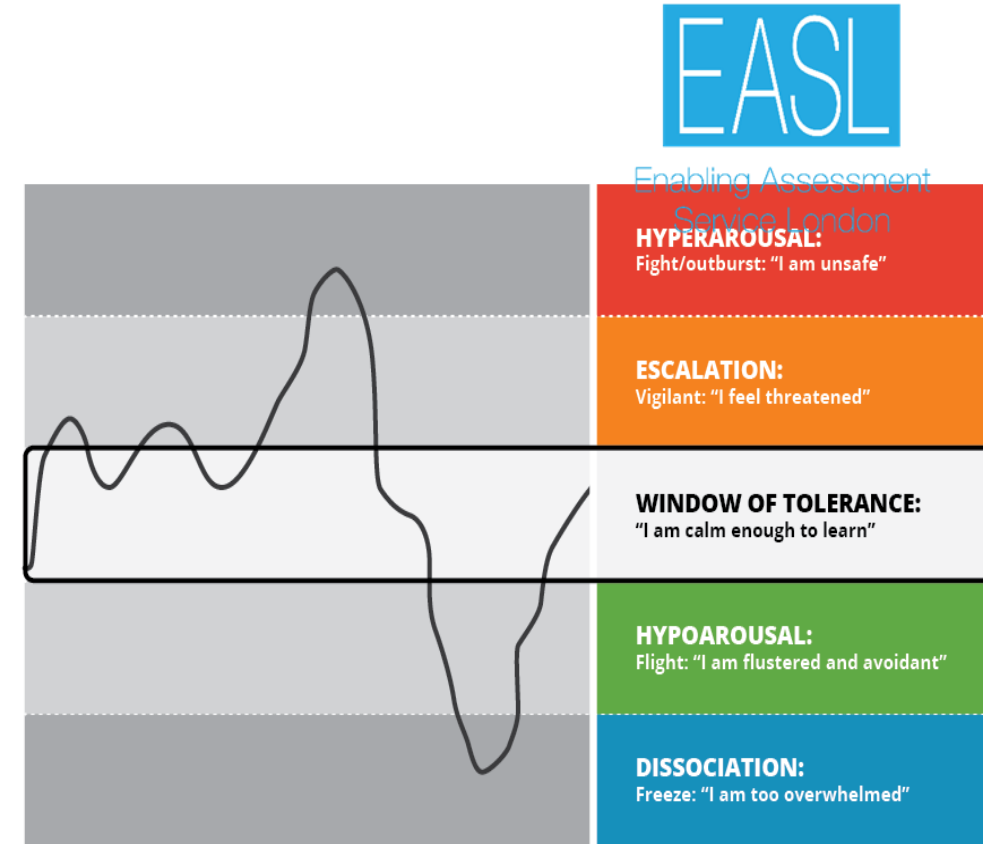
Next steps

How to use this resource

- Ongoing practice development
- Steps to take in an emergency
- Check in with yourself first

Understanding

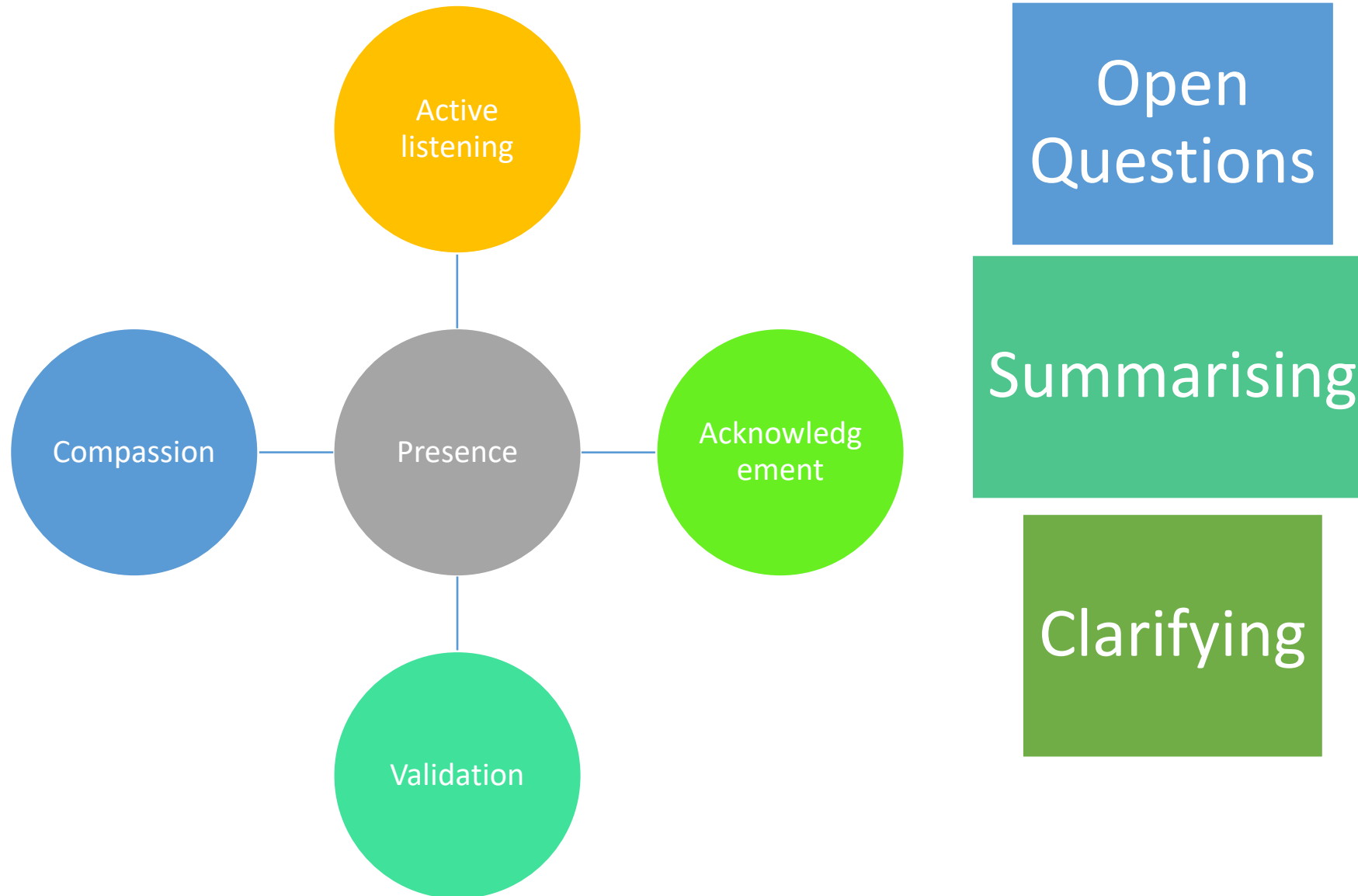
- When someone expresses thoughts to end their life...
 - What are they communicating?
 - What is happening in the mind and body?
 - What might you feel?
- What might have led to this experience?
 - Trauma/ social context
 - Slow/fast triggers



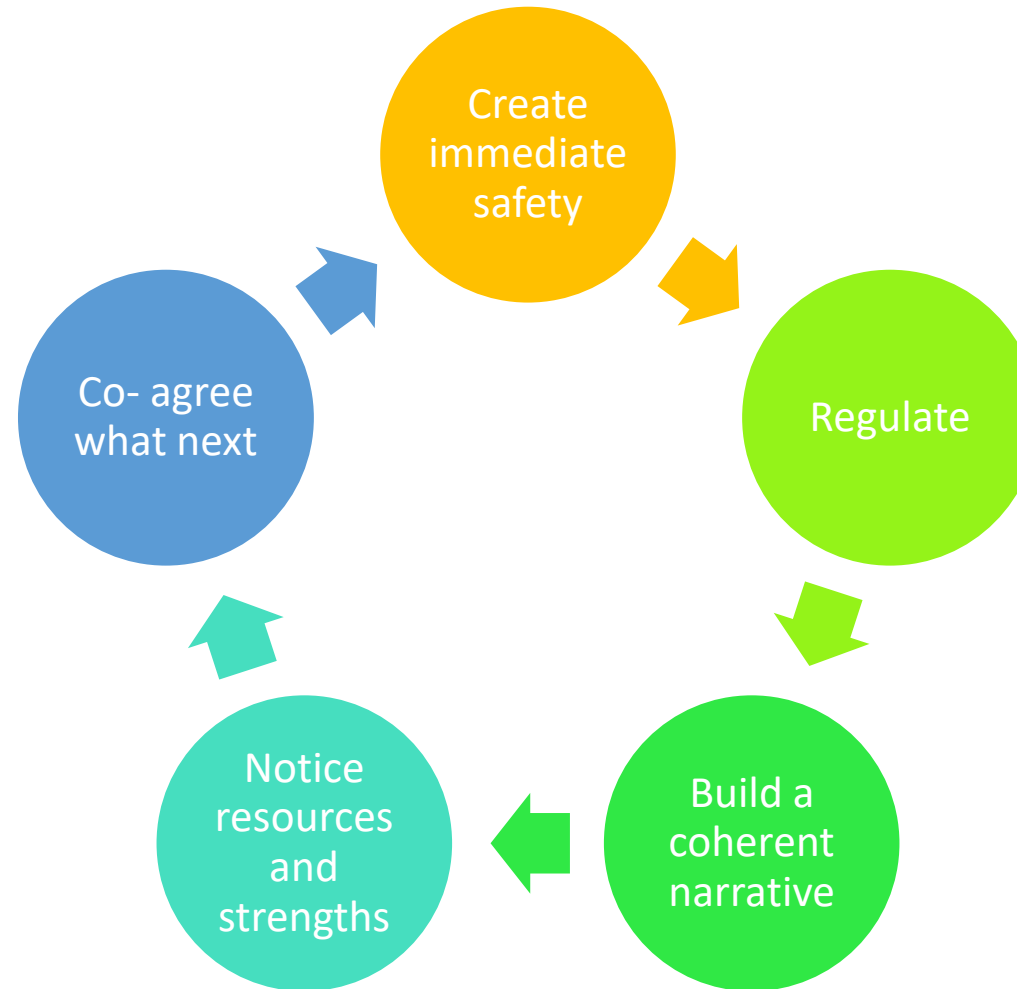
Take a moment to think about a time you felt
really distressed....

What did you need from another person?

Skills in Regulation and Co-regulation



Facilitating a way forward





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When are the needs of staff who are supporting people experiencing thoughts of ending their life

What support do staff need?

Key Ideas

- Attune to how you are feeling before, within, after the conversation.
- Notice any feelings of overwhelm or disconnection.
- Seek support from colleagues/team before and after the conversation
- Develop your own practices of grounding/stabilisation
 - Breathing
 - Nature connection
 - Grounding through senses
 - Creativity
- Aspire to have processed any of your own emotional wounds
 - Journalling
 - Supervision
 - Therapy
 - Reading/self directed learning

What Next

- Make yourself familiar with different support services, including crisis services, so you can easily explain processes
- Familiarise yourself with the process of assessing risk and planning/managing for safety
- Create your own practices of grounding, self care
- Lead the creation of compassionate cultures where people can express their emotions and needs
- Access reflective spaces and supervision
- Keep developing your knowledge and understanding of 'what has happened to people' rather than 'what is wrong'
- Explore people's safety needs at the beginning of your work with them – think about what the triggers might be to distress and consider what might help and hinder safety.

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