

Helping someone else



How to help someone experiencing suicidal thoughts

It can be very challenging for someone you care about to be struggling with suicidal thoughts or feelings. But there are some simple things you can do to help support them.

Stay calm

If someone you care about is feeling suicidal it is natural to feel upset, worried, confused, upset or angry. But what is usually most helpful to your loved one is for you to try to stay as calm as you can so that you can be there for them.

Don't be afraid to talk about it

Many people worry that asking about or talking about suicide will make things worse or make it more likely that someone will act on these thoughts. This is not the case; and often being able to speak about their suicidal thoughts or feelings can make the person feel more supported and less hopeless.

Listen!

The most valuable thing you can do to support someone who is feeling suicidal is listen to them. There can often be a strong urge to come up with solutions or jump into action, but just listening, being with them, and letting them know you care can be among the most helpful things you can do.

Think with them about what will help

It is important to respect that each of us are experts in our own experience – we usually know best what we will find helpful and what we won't. Try to come up with some ideas together about what to do next; both in the short term to keep them safe right now, and in the longer term to access the help and support they might need. You can use the Safety Plan template below to help with this conversation.

Make the environment safer

If the person is worried that they might not be able to keep themselves safe, try to make the space around them safer by removing things they might use to hurt themselves. If possible, identify someone who can stay with them while they are feeling risky.

Know your own limits

It can feel very difficult to say no to things when someone is struggling but like everyone, you have limits to what you can do – and that's ok! It is much better to be clear from the start about what you can and can't do.

Spend positive time together

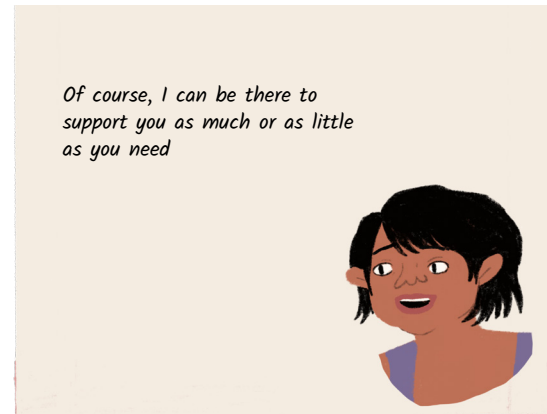
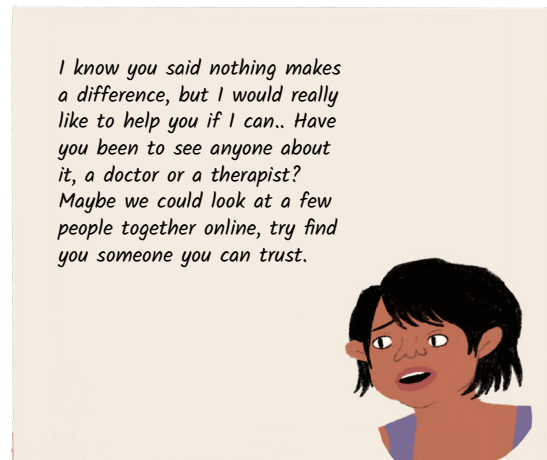
In the longer term, look for ways to do things together that you both enjoy. This can help ensure your relationship with them does not just become focused on their difficulties, and keep you both feeling connected.

Encourage them to seek help, for example:

iCall (+91 9152987821), a free professional counseling service available over telephone, email and chat (icall@tiss.edu) from Monday–Saturday, between 8AM–10PM.

Visit our Instagram page @itsoktotalk for more options for helplines to contact.

If they are willing, you can look together into what local services are available and even go with them for their first visit if they would find this helpful.



Free Mental Health Counselling Service : iCall +91 9152987821

Monday to Saturday : 8AM - 10PM

Safety Plan



My warning signs

What thoughts, images, feelings or behaviours might be warning signs that my mood is getting worse?

People I can call

Names and numbers of friends, family or services I can call

My coping options

What have I done in the past that has helped me to feel better or cope with difficult thoughts and feelings?

Places I can go

Safe places I can go if I do not feel able to keep myself safe at home

Message to myself

Write a message to give yourself some hope, reassurance or encouragement when you are struggling