

Managing Suicidal Contacts



Helpful Reminders

SAMARITANS

**Trespass and
Suicide Prevention
Group**

Objectives

Develop the ability and confidence to recognise and safely intervene when someone may be at risk of suicide

Recognise at-risk behaviour

Explore ways to safely respond

Demonstrate the importance of listening

Promote the benefits of those who can help



ISTAMR

- I** Identify a person at risk
- S** Safe to intervene?
- T** Tell someone
- A** Approach if safe
- M** Move them to safety
- R** Refer on once in a place of safety



Emotional Health Scale



The Listening Wheel



A powerful
tool for
emotional
first aid



Open Questions

Any question not requiring a yes or no answer;

How

What

When

Where


Who



**You look really
upset, what's
happened?**



Summarising



So since John's
accident life
has been really
difficult for you

A summary helps to
show the person
that you have
listened and
understood the
circumstances

Reflecting

"I don't know, sometimes
it all seems too much"

"It all seems too much?"

"Yes, what with the job loss,
Jane's diagnosis and..."

Repeating back
a word or
phrase
encourages the
person to go on
and expand



Clarifying Questions



What
exactly are you
saying...?



What does
that mean?

Sometimes a person
may gloss over an
important point

By exploring these
areas further we can
help them clarify
them for themselves



Short Words of Encouragement

The person may need help to go on with their story

They need further confirmation that you are giving them permission to talk and that you are interested in what they have to say



Okay

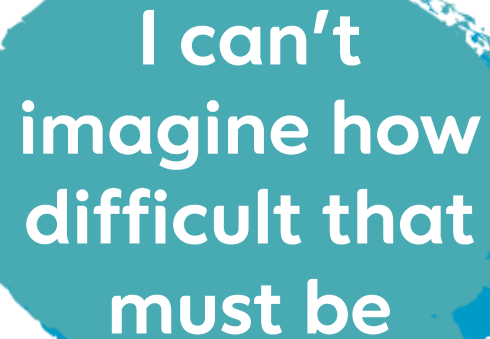
Go on

Ah

Reacting

The person is often looking for empathy and understanding

We need to show that we have understood the situation by reacting to it



I can't
imagine how
difficult that
must be



I'm so sorry
you're
having such
a bad time

Suicide The Facts

Completed suicides - Male / Female 3:1 ratio

6,834 suicides in 2023

276 rail suicides in 2023

1,937 recorded interventions in 2023

1,645 road traffic fatalities in 2023

Largest age group is 25-29, then 20-24



How Can Samaritans Help?

201 branches

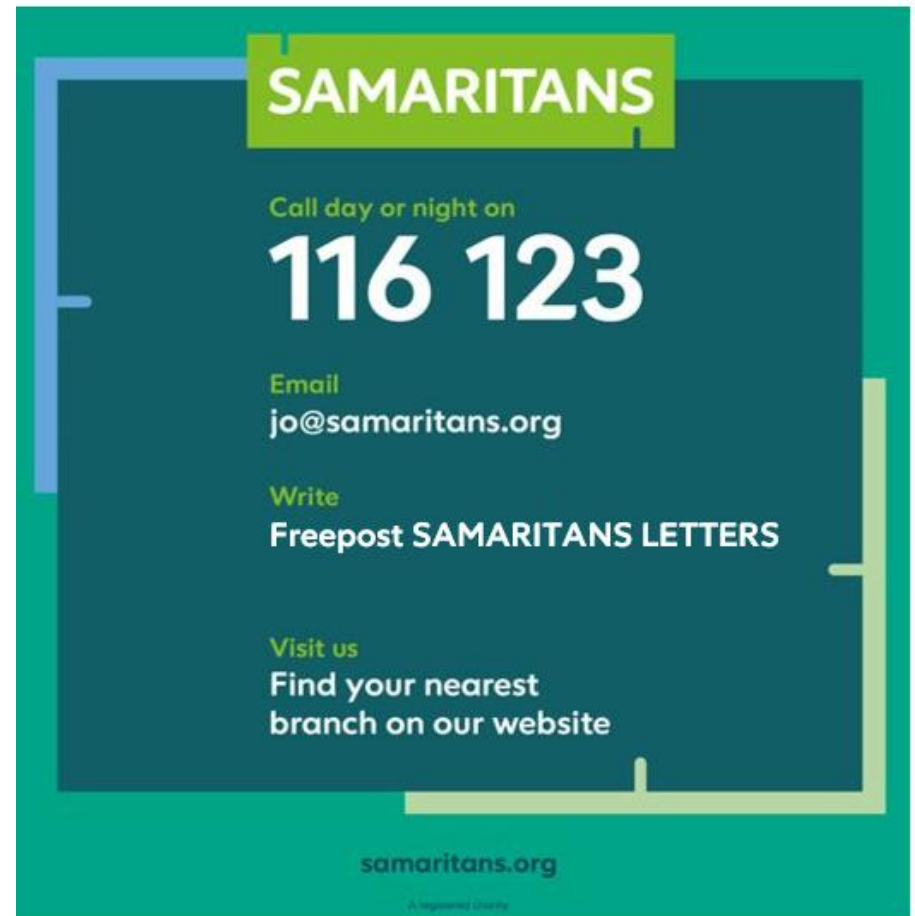
24hrs / 7 days a week

Phone

Email

Ring backs

Web chat



Going around in circles..

We've been talking now for a little while. Isn't this worth chatting through with someone who can help you look at the options you might have?

It's important to be honest if we have to try to wind the conversation up

We need to work within our professional boundaries and end the contact gently



Ending Contacts

When we've broken down the listening barriers

Located the person away from danger

Made a sensitive referral

Samaritans are always available for support



Support

Talk about events that affect you

Support each other

Look after yourselves

Samaritans are always here for support

