



TACTICS

For **identifying** people in need

There's no definitive list of behaviours that a suicidal person will display but these behaviours may be shown by a person in need:

- Not boarding any trains.
- Standing alone/isolated.
- Looks distant/withdrawn.
- Out of the ordinary appearance.

**'Something
doesn't feel quite
right...?'**

A registered charity

RISSG
RAIL INDUSTRY SUICIDE STAKEHOLDER GROUP

SAMARITANS



TACTICS

For **approaching** people in need

If you feel comfortable and it's safe to do so, please start a conversation with the person. The chances are you will help them by giving them an opportunity to talk about their problems or feelings.

- Introduce yourself and encourage them to talk. Listen.
- Offer to talk in a safer environment.
- Offer Samaritans support.

In an emergency contact the:

- Signaller
- British Transport Police on **0300 123 9101**

Please report any intervention you have made to your manager and email **interventions@samaritans.org**

Call free any time

116 123

