

# FOLIA STEPS TO HELP

AN INTRODUCTION TO  
MENTAL HEALTH AWARENESS  
& SUICIDE PREVENTION  
"saving lives through education"



This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/4.0/>.

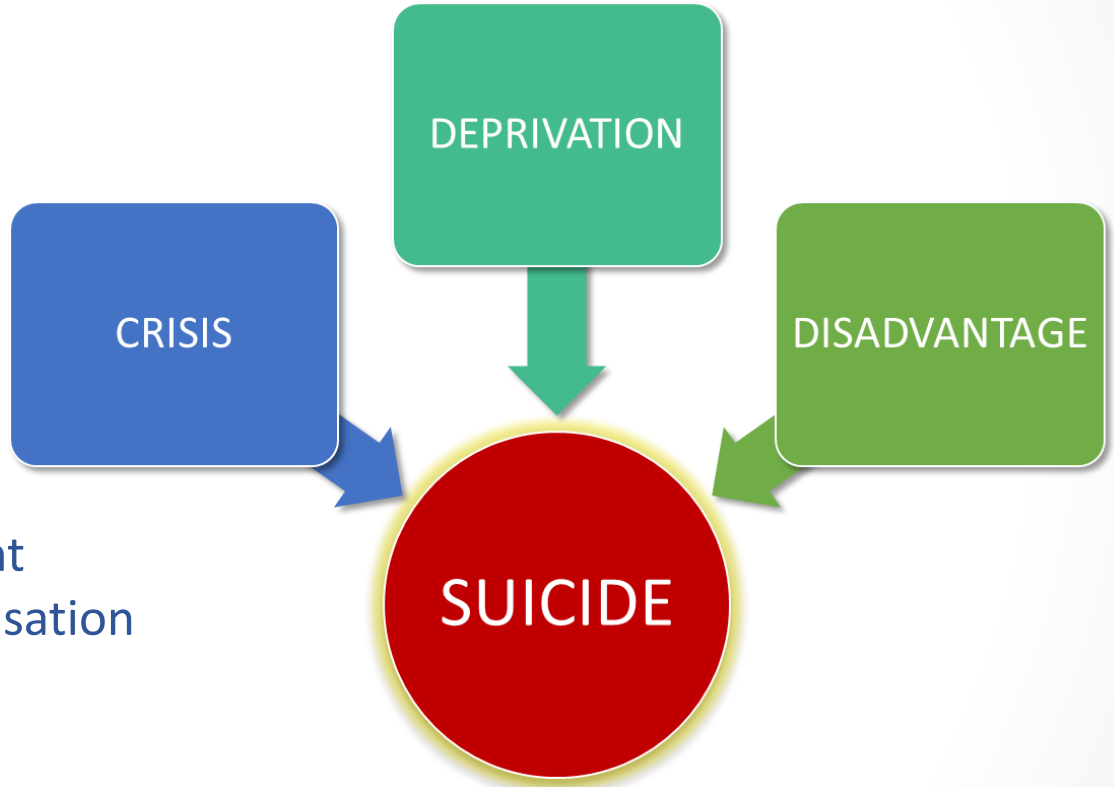


But **why** is it so important that  
we should talk about

**mental health awareness and  
suicide prevention?**

## when there are so many other crises

- Homelessness
- Refugees
- Social Welfare
- Womens' Rights
- LGBT Rights
- Equality
- Deprivation
- Social Disadvantage
- Bullying and harassment
- Peer Pressure & Victimisation
- Crime
- Addiction



Close to  
**800 000**  
people die by **suicide**  
**every year**

1 death  
every  
**40**  
seconds



# SUICIDE IN 2016

## Worldwide facts & figures

Source: World Health Organisation 2017

**Suicide** is the  
**second**  
leading cause of  
death among

**15-29**  
year-olds



# SUICIDE IN 2016

## Worldwide facts & figures

Source: World Health Organisation 2017

# SUICIDE IN 2016

## Worldwide facts & figures

There are more  
deaths from  
**suicide** than from  
war and homicide  
together



Source: World Health Organisation 2017

# SUICIDE IN 2016

## Worldwide facts & figures

### Suicides are preventable



Source: World Health Organisation 2017

# True or False??

TRUE OR FALSE

1. People who talk about suicide seldom mean it and can, in fact, be regarded as low risk to attempt suicide.

TRUE OR FALSE

2. The fact that someone has attempted suicide once greatly reduces the risk of a second attempt.

TRUE OR FALSE

3. Women attempt suicide more often than men.

TRUE OR FALSE

4. Suicide now ranks among the leading causes of youth death in the European Union.

TRUE OR FALSE

5. Most suicides occur "out of the blue" without any warning signs.

TRUE OR FALSE

6. Asking someone if they are thinking about suicide will put the idea in their head.

TRUE OR FALSE

7. Teenagers rarely attempt suicide, although they may frequently think about it.

TRUE OR FALSE

8. Suicide attempts mean a person has ambivalent feelings toward life and death.

TRUE OR FALSE

9. Improvement following a suicidal crisis means that the suicidal risk is over.

TRUE OR FALSE

10. Suicide is inherited or runs in the family.

TRUE OR FALSE

11. All suicidal individuals are mentally ill and suicide always is the act of a psychotic person.

TRUE OR FALSE

12. The incidence of suicide among the poor and deprived is substantially higher than among the advantaged.

TRUE OR FALSE

13. At least half of all people who complete suicide leave notes explaining their action.

TRUE OR FALSE

14. The elderly have the highest rate of suicide for any age group.





# Some Myths about Suicide

- If I talk to people about their suicidal feelings, it will put the idea into their heads. **FALSE !!**
- If a person talks about wanting to die that is a sure sign that no suicide attempt will be made. **FALSE !!**
- If you think about suicide or suicide attempts, you will eventually die by suicide. **FALSE !!**
- Only people from poor or disadvantaged backgrounds are likely to kill themselves. **FALSE !!**
- People who think about suicide, attempt suicide or kill themselves are always mentally ill. **FALSE !!**
- When a person talks about suicide, it's just for attention and the best thing to do is to ignore the words. **FALSE !!**
- Suicide occurs without warning so there is no way to prevent it. **FALSE !!**
- We can relax once the suicidal person is getting professional help. **FALSE !!**
- The depression has lifted and the person seems to be much better and happier. This is an indication that the person is out of danger. **FALSE !!**
- Suicidal urges are inherited, so there is not much we can do. **FALSE !!**
- Suicide is a problem experienced only by older people. **FALSE !!**
- Only certain types of people are prone to suicide. **FALSE !!**
- People who talk about suicide don't kill themselves. **FALSE !!**
- Suicide among young people is on the decline in terms of numbers of deaths annually. **FALSE !!**
- When teenagers talk about suicide, change the subject and try to get their minds off of it. **FALSE !!**
- **Most young people who kill themselves really want to die.** **FALSE !!**

# The Four Steps to Help



---

# STEP ONE

1

**Watching**

2

Showing

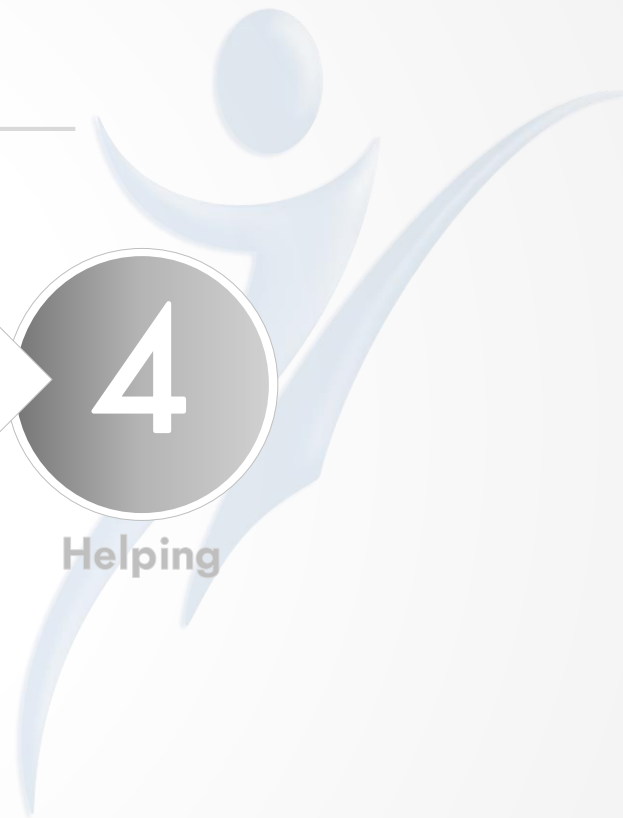
3

Asking

4

Helping

---



1

WATCHING

2

SHOWING

3

ASKING

4

HELPING

# HOW?...



## Be aware of the WARNING SIGNS

1

WATCHING

2

SHOWING

3

ASKING

4

HELPING

# Become aware of the **warning signs** and



**WATCH OUT** for these signs  
among your friends & peers.

1

WATCHING

2

SHOWING

3

ASKING

4

HELPING



**Be aware of** what your friends and peers are doing

how are they  
**behaving?**

SUDDEN  
changes?  
Red FLAG  
That's STRANGE

As a friend you could be one of the first

to become aware of

**SUDDEN changes in behaviour**



1

WATCHING

2

SHOWING

3

ASKING

4

HELPING

# Mental Health Warning Signs

## WARNINGS SIGNS TO WATCH OUT FOR

MAY INCLUDE BUT ARE NOT LIMITED TO:



### Withdrawing

from family and friends



### Sleeping

too much or too little



**Gaining** or **losing** a significant amount of **weight**



Talking about **suicide** or **death**



### Losing interest

in favourite things or activities



### Difficulty concentrating

and thinking clearly



Feeling **tired** most of the time



Talking about feeling **hopeless** or **guilty**



### Self-destructive behaviour

like drinking too much or abusing drugs



**Giving away** prized possessions



**Mood swings**

1

WATCHING

2

SHOWING

3

ASKING

4

HELPING

The “**Dangerous Calm**” is a recently highlighted mental health phenomenon.

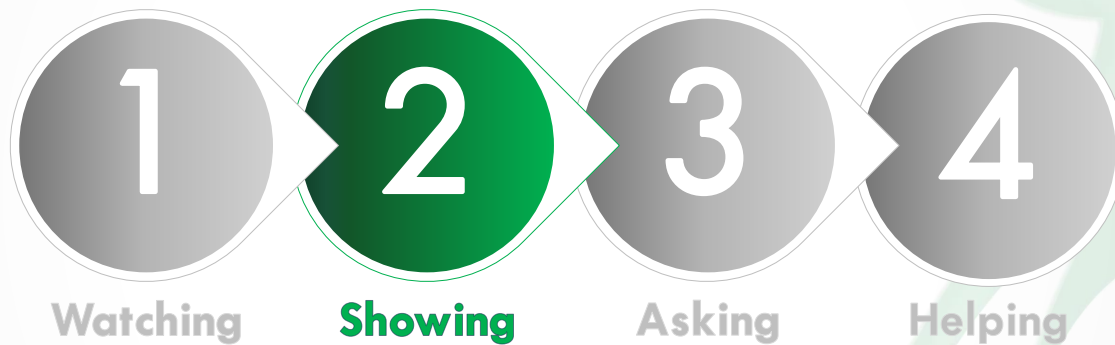
Someone may show sudden changes of behaviour but they then revert back to their normal disposition and behaviours.

This can mask a life decision by that person that appears to solve all their problems so their behaviour normalises. **But it is a wrong decision taken at the wrong time.**

The decision can be to take their own life and can remain dormant unless challenged or diagnosed.



## STEP TWO



1

WATCHING

2

SHOWING

3

ASKING

4

HELPING

# HOW?...



## SHOW you care

1

WATCHING

2

SHOWING

3

ASKING

4

HELPING

# Showing



➤ Let your friend **know** that you really care.

➤ **Establish** trust and confidence.

➤ **Listen** carefully to what they have to say – become an **Active Listener**

1

WATCHING

2

SHOWING

3

ASKING

4

HELPING

# Show you care

Here are some examples of **how to begin a conversation**:

*"I'm worried about you/about how you feel."*

*"I have been feeling concerned about you lately."*

*"I'm here if you need someone to talk to."*

*"You mean a lot to me and I want to help."*

*"I wanted to check in with you because you haven't seemed yourself lately."*

*"Recently, I have noticed some differences in you and wondered how you are doing."*



---

## STEP THREE



Watching



Showing

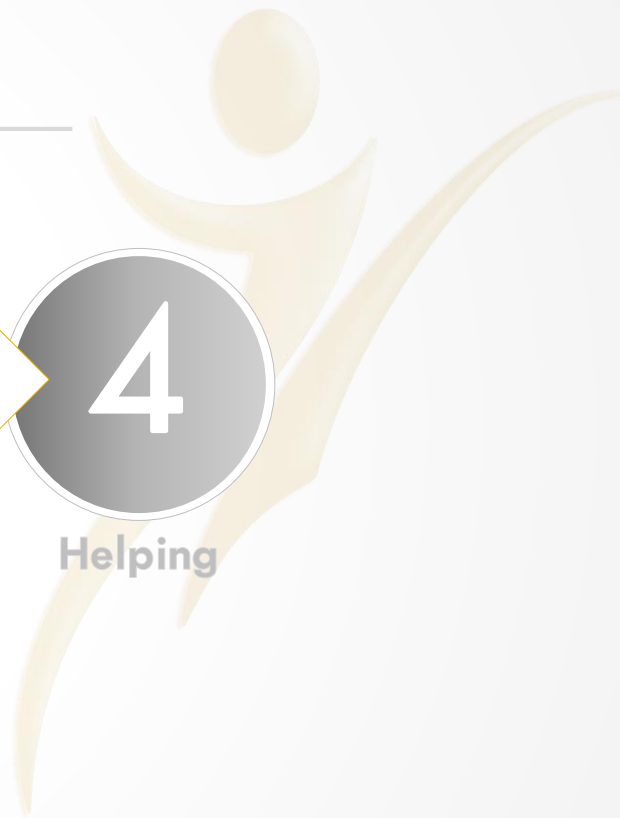


Asking



Helping

---



1

WATCHING

2

SHOWING

3

ASKING

4

HELPING

# HOW?...



**By ASKING  
direct, caring questions**

1

WATCHING

2

SHOWING

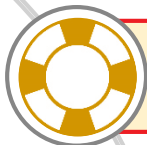
3

ASKING

4

HELPING

# Asking



Talking with someone about suicide **WILL NOT** put the idea into their head.



Be **direct in a caring** but non-confrontational way.



**Don't judge** or jump to conclusions while listening



**Don't interrupt** if you can avoid it



Always **give your full attention** and really listen

1  
WATCHING

2  
SHOWING

3  
ASKING

4  
HELPING

# Are they thinking about suicide?

Here are some ways **to ask questions**:



?

Have you ever  
**thought about hurting yourself?**

When did you begin  
**feeling like this?**

?

?

**Did something happen** that  
made you start feeling this way?

Have you thought  
**about getting help?**

?

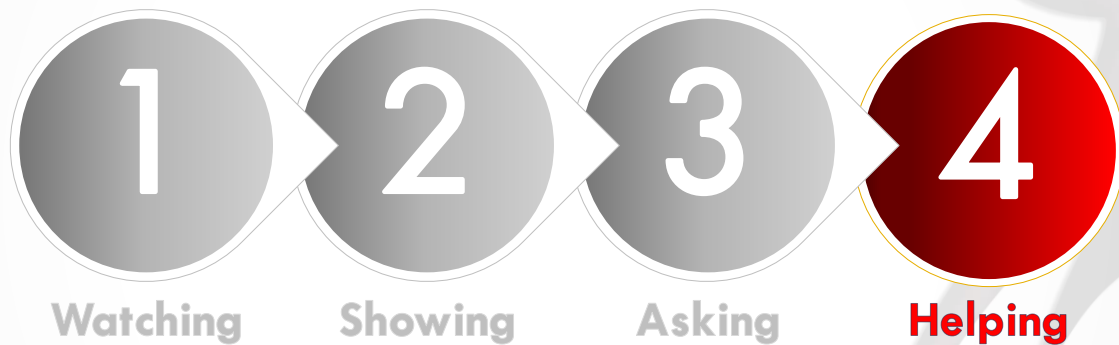
?

**How can I best support  
you right now?**



---

# STEP FOUR



1

WATCHING

2

SHOWING

3

ASKING

4

HELPING

# HOW?...



**Going that extra step -  
Seeking advice and **GETTING HELP****

# Helping

If a friend tells you that they are experiencing **PROBLEMS** or they are thinking of **SUICIDE**:



**NEVER keep it a secret**, even if you're asked to.

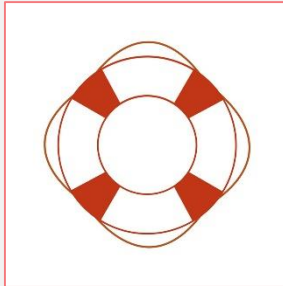


**Don't try to handle the situation on your own.**

Letting people who can help know there is a problem is vital.



You can be the most help by **getting your friend to someone with the skills** necessary to provide the help that he or she needs.



You can continue to help by **offering support and comfort**. Being a friend can make a huge difference.

1

WATCHING

2

SHOWING

3

ASKING

4

HELPING

# Helping – Talking about help

Here are some ways to **talk to your friend**  
**about getting help:**

*I know* where we  
can **get some help.**

Let's talk to  
someone who can  
help. **Let's call a  
helpline right now.**

*I can go with you*  
to get some help.



1

WATCHING

2

SHOWING

3

ASKING

4

HELPING

# FreeText for immediate help

YSPI runs a FreeText Information Service which is available 24/7 and provides immediate suicide prevention and crisis information including helplines and websites

## FreeText **HELP to 50015**

The text is **free of charge** and you can text 50015 even if you have no credit on your phone.

# HELP!



**For FreeText  
Crisis Information  
Text HELP to 50015**

**This service is free to use  
and you can text 50015  
even if you have no credit**

1

WATCHING

2

SHOWING

3

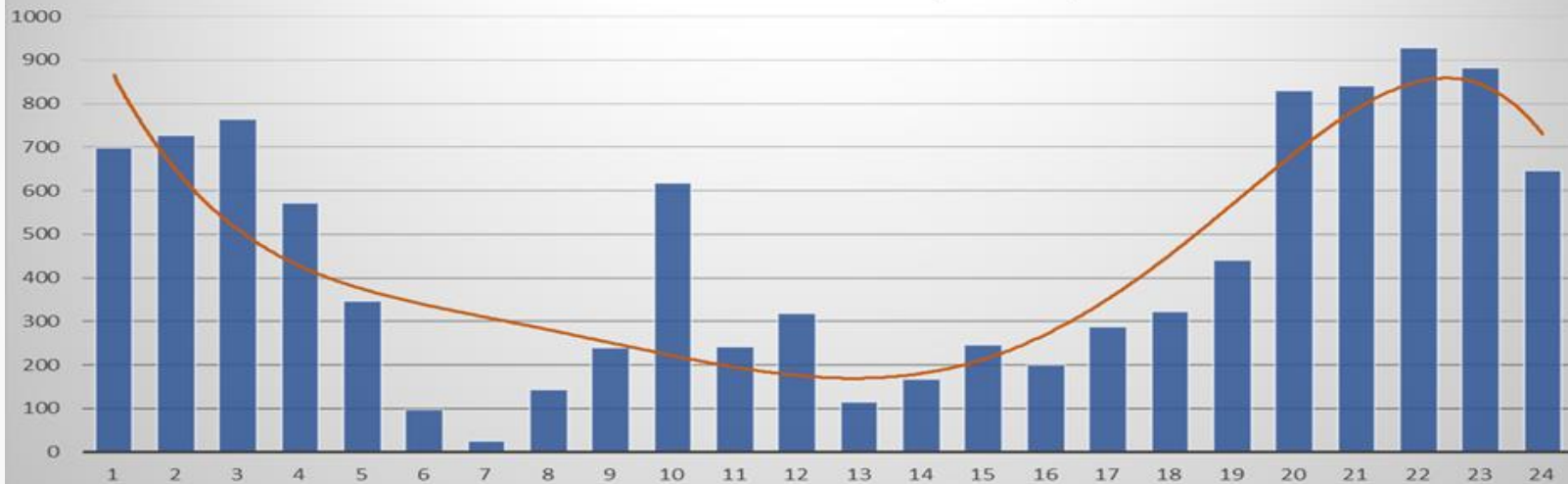
ASKING

4

HELPING

# FreeText for immediate help

Distribution of FreeText Requests per Hour



Nov 2016	Dec 2016	Jan 2017	Feb 2017	Mar 2017	Apr 2017	May 2017	Jun 2017	Jul 2017	Aug 2017	Sep 2017	Oct 2017
228	291	1354	574	1039	849	964	942	993	926	1022	2030

1

WATCHING

2

SHOWING

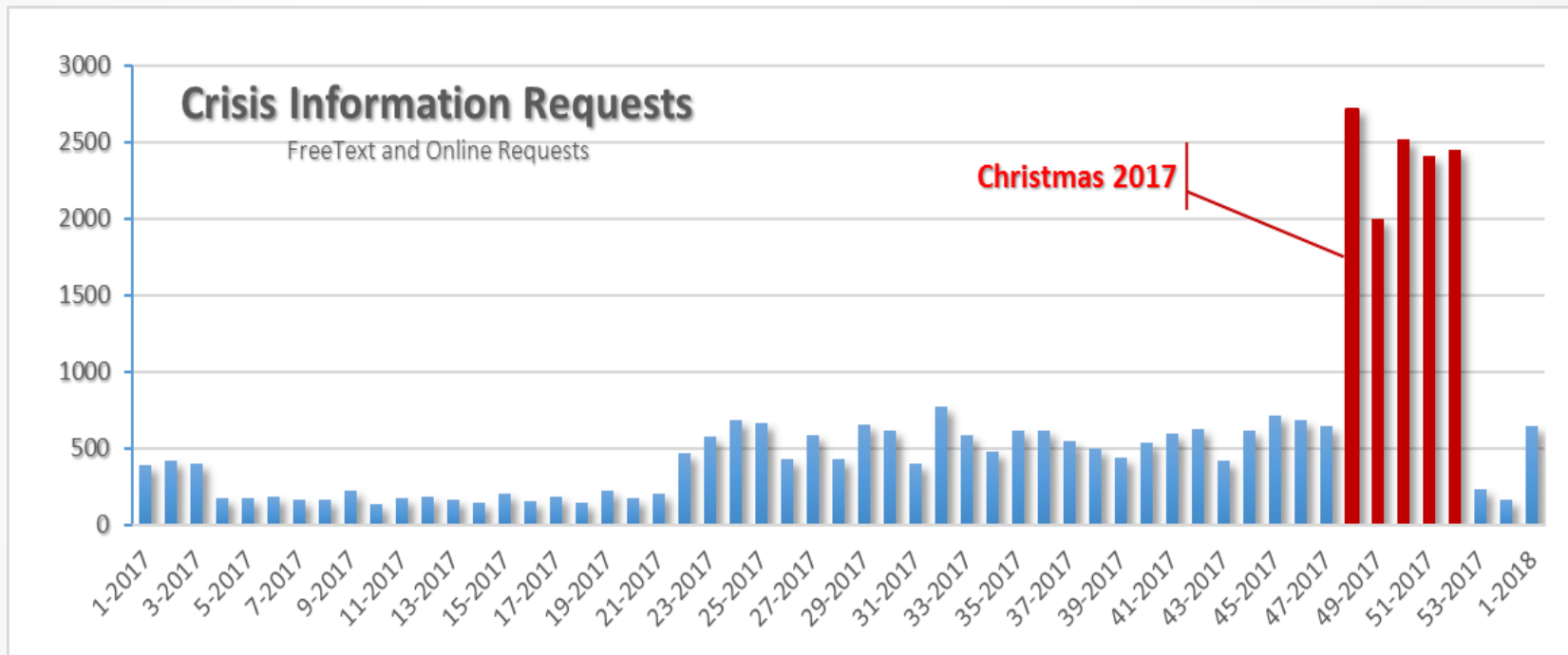
3

ASKING

4

HELPING

# Crisis Assistance Requests 2017



Provisional and unaudited figures for 2017 E&OA

1

WATCHING

2

SHOWING

3

ASKING

4

HELPING



In an Emergency

If a friend mentions

**SUICIDE**

**always take it seriously**



1

WATCHING

2

SHOWING

3

ASKING

4

HELPING

# In an Emergency



If they have **expressed an immediate plan**, or have access to prescription medication or other potentially deadly means, **DO NOT LEAVE THEM ALONE.**



**GET HELP immediately** from your GP or another medical professional. You can also call the Out of Hours GP service, an ambulance or contact An Garda Síochana



If necessary ask someone with a car to take you and your friend to the **nearest hospital, clinic or Accident and Emergency unit.**

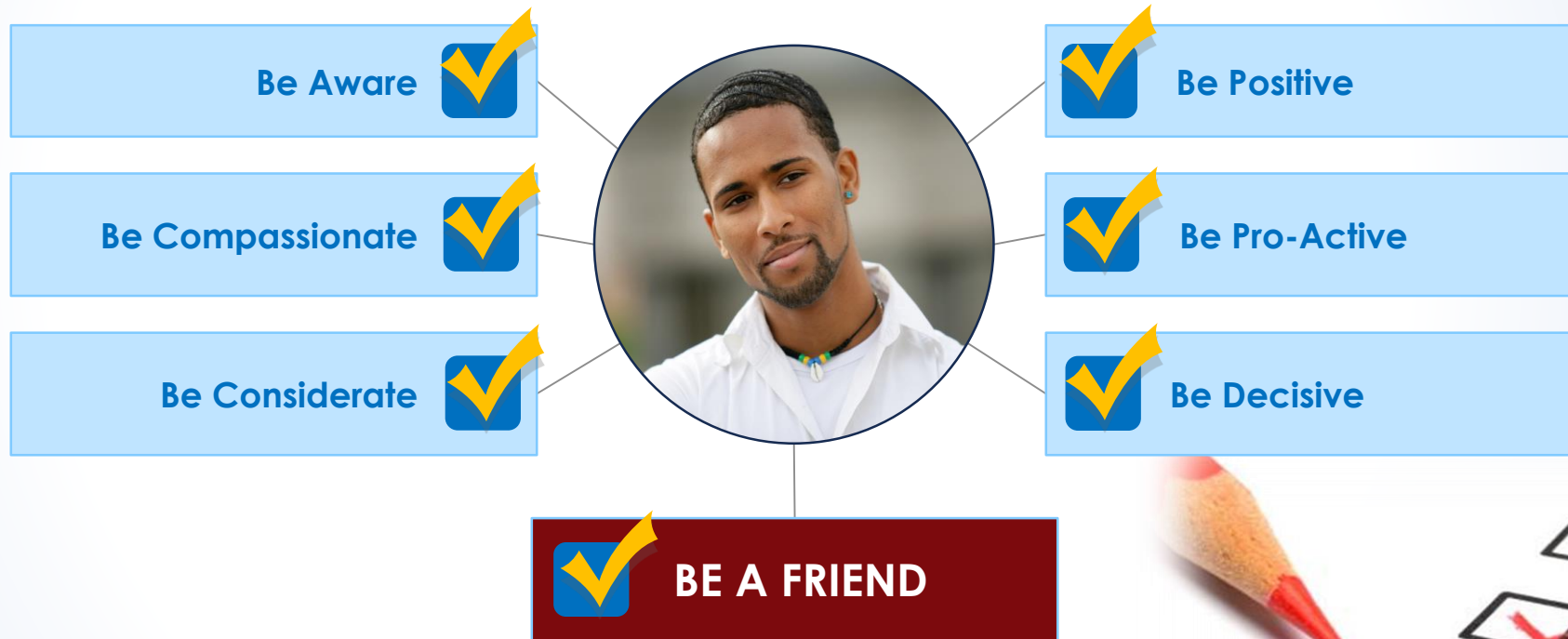
1  
WATCHING

2  
SHOWING

3  
ASKING

4  
HELPING

# What do I need to be?



# HELP!



**For FreeText  
Crisis Information  
Text HELP to 50015**

**This service is free to use  
and you can text 50015  
even if you have no credit**

**YSPI** Youth  
Suicide  
Prevention  
Ireland

# Thank you for Attending

from all at **Youth Suicide Prevention Ireland**



This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/4.0/>.