

WE WISH
WE **HAD** BEEN
ABLE TO SAY
SOMETHING
SOONER

THIS IS **'WHY'** WE NEED TO
TALK SUICIDE PREVENTION

EVERYONE'S EXPERIENCE OF SUICIDE
IS UNIQUE. WE CAN ONLY SPEAK FOR
OURSELVES AS WE SHARE OUR
EXPERIENCES IN THE HOPE THAT
THEY MAY PREVENT SUICIDES.

Our website, film and resources
represent our personal experiences
and what works for us may work for you. We
ask that you take from our resources what
you think is relevant to you.

For more information about our campaign,
our personal stories and what helps to keep
us as well as possible please visit our website:
www.whysuicideprevention.co.uk



WE DIDN'T
WANT
THERE TO
BE ANY **FUSS**

THIS IS **'WHY'** WE NEED TO
TALK SUICIDE PREVENTION

Our **'YORK ENDING STIGMA - LET'S
TALK SUICIDE PREVENTION'**
campaign is fully produced by people
with experience of suicidal thoughts.
We believe that safe and supportive
conversations save lives and that
no-one should feel ashamed to talk
about suicide prevention.



Let's talk
#SuicidePrevention

Scan the QR code or visit
www.whysuicideprevention.co.uk

WE DIDN'T
THINK
ANYONE
WOULD
UNDERSTAND

THIS IS **'WHY'** WE NEED TO
TALK SUICIDE PREVENTION

At **'YORK ENDING STIGMA - LET'S
TALK SUICIDE PREVENTION'** we are
sharing our experiences of suicidal
thoughts to encourage more open
conversations and actions to help
prevent suicide



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LET'S TALK #SuicidePrevention GETTING STARTED

THIS IS **WHY** WE NEED YOU TO TALK ABOUT SUICIDE PREVENTION

Conversations should be specific to us as individuals, safe, appropriate and honest to be the most effective.

- Direct, open and honest conversations have saved our lives
- Normalising conversations about suicide prevention and realising we are not alone helps us to seek help
- Conversations help us to feel connected, valued and loved, which helps us to stay as well as possible

We believe that sharing, listening, validating, and asking are key to suicide prevention conversations. The information opposite has been produced from our personal experiences.

We've found that having conversations as soon as possible helps us with prevention planning. We hope our campaign helps you to start, or to continue, your conversations about suicide prevention, thank you.

IF YOU ARE EXPERIENCING SUICIDAL THOUGHTS

SHARE RESPONSIBLY

- Think about who to tell, when, where and how so that you have the most chance of an appropriate response for you. If the first person doesn't work out, try someone else
- Speak up as early as possible - it's not always easy, but it certainly helps us
- Think about where you feel most comfortable and what your preferred communication style is, and use it
- Who is most likely to support you - for us this has included friends, family, colleagues, GPs, and voluntary organisations

LISTEN CALMLY

- Slow down and listen to the person that you have chosen to share your thoughts with - they should be trying to help you. When we're struggling with suicidal thoughts we can find this difficult to do and become agitated and defensive - try to be calm

VALIDATE HONESTLY

- Be honest with yourself about your thoughts and feelings

ASK YOURSELF

- Ask yourself what may help to keep you safe, **and take action to get that help**

SUPPORTING SOMEONE EXPERIENCING SUICIDAL THOUGHTS

SHARE RESPONSIBLY

- If you have experienced suicidal thoughts, it's ok to tell us but please think about why - don't 'compete' with us as to who has had it 'worse'
- Certainly don't share any suicide means or methods with us
- Share with empathy and purpose
- It's ok to tell us that you are not sure how to help us - we prefer honesty

LISTEN CAREFULLY

- Listen without judgement or panic, and don't try to 'fix' us
- Stay with us and don't be in a rush to pass us off to another person or organisation - we have chosen to tell you for a reason
- Let us write or text if we're finding talking difficult

VALIDATE KINDLY

- Reassure us that we have done the right thing by sharing with you
- Acknowledge, don't dismiss, how we feel, and thank us for telling you

ASK US

- If you suspect we are suicidal, ask us directly
- Ask us if we have felt like this before
- Ask if we know what might help us to stay safe