

IF YOU LOSE SOMEONE TO SUICIDE

- ✿ Reach out to family and friends. People may not know what to say, so you may need to start the conversation.
- ✿ **Remember** that each person grieves at their own pace and in their own way.

WHAT NOT TO SAY TO A FRIEND EXPERIENCING A MENTAL HEALTH PROBLEM



RESOURCES HERE



SCAN QR CODE

SUICIDE PREVENTION

CRISIS TEXT LINE

Text **BADGE** to 741741

A free, 24/7 text line for people in crisis.

NATIONAL

S*U*I*C*I*D*E PREVENTION LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org



SCAN QR CODE

First Responder Trauma Counselors

19 Old Town Square
Fort Collins CO, 80524

Phone: **970.222.4193**

Fax: **970.416.1119**

E-mail: info@911overwatch.org



911Overwatch.org

FIRST RESPONDER TRAUMA COUNSELORS

PRESENTS

S*U*I*C*I*D*E Is **NOT** Painless

IT HURTS EVERYONE
THAT YOU LEAVE BEHIND!!*

One Team, One Mission
NO JUDGMENT, NO SHAME
JUST HELP



B*A*T*H*E*

When talking to them, it might be useful to use the **B*A*T*H*E*** model to formulate the right structure for your questions.

BOTHER/BACKGROUND

What is Bothering you the most right now?
Helps to determine current circumstances.

AFFECT

How is that Affecting you?
Helps to determine how the person is responding to current circumstances.

TROUBLE

What is it about this that Troubles you the most?
Helps to prioritize the difficulties of the current circumstances.

HANDLE

How are you Handling that?
Helps to assess the coping abilities and coping strategies of the person.

EMPATHY

Express Empathy/understanding of the person's concerns.
Helps to establish supportive rapport between you and the person

IF YOU ARE WORRIED ABOUT SOMEONE

KNOW THE RISK FACTORS

- * Previous attempts
- * Depression
- * Stressful situations including relationship, work, legal or health problems
- * **IS PATH WARM** warning signs



SCAN FOR
IS PATH WARM
download.

TAKE IT SERIOUSLY

Most people give some warning of their suicidal intentions to a friend or family member. All suicide threats & attempts **MUST** be taken seriously.

ASK-CARE-TAKE

- * Stay calm and be willing to listen
- * **ASK** the person what is bothering them, persist with any reluctance to talk about it
- * Don't be afraid to **ASK** if they are considering suicide, or if they have a plan
- * Don't act shocked or try to argue
- * Let them know you **CARE** that they are not alone, that suicidal feelings are temporary and problems can be solved. Offer hope
- * Seek professional help. **TAKE** or refer them to help.

IN A CRISIS

Take your coworker or friend to a Peer Support Team member, or to an outside agency specializing in crisis intervention.

- * **DO NOT** leave them alone until help is available
- * Take action, your direct involvement may be necessary to get them help

FOLLOW UP

- * Suicidal persons are often hesitant to seek help & may avoid it after initial contact without continuing support
- * Recovering from a crisis takes some time & often has ups and downs



**In the United States, each year, between 7,000 and 12,000+ children lose a parent to suicide, the researchers estimate.*

**Those who lost a parent to suicide as children or teens were three times more likely to commit suicide than children and teenagers with living parents.*

**In addition, those who lost parents to suicide were nearly twice as likely to be hospitalized for depression as those with living parents.*

"I would do anything for my children!" **HOW ABOUT LIVE?*