

PRINT IT. KEEP IT HANDY. MAKE A FAMILY PLAN.

1 NOTICE AND ASK

Take concerns seriously.



Notice changes

Withdrawal or alarming statements.



Ask directly

How are you coping right now?



Ask about safety

Are you thinking of suicide?



Listen carefully

Do not rush to fix everything.

2 STAY PRESENT

Connection matters.



Avoid judgement

Take feelings seriously.



Stay with them

If immediate risk, do not leave alone.



Remove danger safely

Seek emergency support as needed.



Do not promise secrecy

Safety comes first.

3 CONNECT TO HELP

Bring in support.



Emergency services

For immediate danger.



Professional care

Help contact a doctor or crisis team.



Trusted people

Ask who can support them.



Make a safety plan

With a qualified professional.

4 FOLLOW UP

Support continues.



Check back

A message or call matters.



Offer practical help

Transport or an appointment.



Respect boundaries

Do not try to be their therapist.



Look after yourself

Supporters need help too.

MY FAMILY PLAN:

Local alert source: _____ Emergency contact: _____

HELP SOMEONE WHO LOST HOPE — SAFETY NOTES

Keep this page with your visual quick-glance guide.

1

IMPORTANT NOTE 1

Asking someone directly and calmly whether they are thinking about suicide does not plant the idea. Take any disclosure seriously and seek appropriate support.

2

IMPORTANT NOTE 2

If there is immediate danger, call local emergency services. Stay with the person if safe, and seek help from others. Do not agree to keep an immediate safety risk secret.

3

IMPORTANT NOTE 3

Listen without blaming, debating or minimising their experience. Avoid promises that you alone can keep them safe.

4

IMPORTANT NOTE 4

Encourage professional help and follow-up. Crisis resources and emergency numbers vary by country; check local services.

MAKE IT PRACTICAL

Write your own local emergency number, contact details and relevant official alert service on page 1. Review the guide with your household.

OFFICIAL REFERENCE POINTS (check local rules):

[who.int/news-room/fact-sheets/detail/suicide](https://www.who.int/news-room/fact-sheets/detail/suicide)

findahelpline.com

nhs.uk/mental-health/