

## HELP AND SUPPORT BY PHONE, CHAT AND EMAIL:

Självordslinjen, Mind 90101

Äldrelinjen, Mind 020-22 22 33

Föräldralinjen, Mind 020-85 20 00

Bris, barnens telefon 116 111

Journalhavande medmänniska, 08-702 16 80

Kyrkans SOS, 0771-800 650

Mansjouren, 08-30 30 20

Kvinnofridslinjen, 020-50 50 50

SPES – for anyone who has lost a loved one to suicide.  
020-18 18 00

You can find more support by chat and email here:

[www.mindforum.se](http://www.mindforum.se)

[www.rfslungdom.se](http://www.rfslungdom.se)

[www.jourhavandekompis.se](http://www.jourhavandekompis.se)

[www.umo.se](http://www.umo.se)

[www.tjejjourenvast.se](http://www.tjejjourenvast.se)

## WHERE TO TURN IF YOU NEED MEDICAL CARE OR SOMEONE TO TALK TO:

- Vårdguiden 1177. Call for advice on where you can turn for help.
- Vårdcentral
- Företagshälsovård
- Elev- och studenthälsan
- Ungdomsmottagning

## IN AN EMERGENCY, CALL 112 OR CONTACT YOUR NEAREST EMERGENCY PSYCHIATRIC CLINIC.

FIND OUT MORE AND WATCH THE VIDEO "STEPS FOR LIFE" ABOUT SUICIDAL THOUGHTS, LONELINESS AND WAYS TO HELP AT [STEGFORLIVET.SE](http://STEGFORLIVET.SE)

This information brochure has been created by:

## SUICIDPREVENTION I VÄST



# STEPS FOR LIFE

EVERY SIX HOURS, A HUMAN BEING TAKES THEIR OWN LIFE. YOU CAN MAKE A DIFFERENCE.

## ARE YOU WORRIED THAT SOMEONE YOU CARE ABOUT IS CONSIDERING SUICIDE?

It is sometimes hard to know what to ask or how to help. But you can make a difference just by showing you care and being there for them.

It is not uncommon to think about suicide at some point in life. But when the thoughts of taking one's own life keep coming back and take up more and more of a person's time, the situation is serious and help is needed. The problem often revolves around feelings of loneliness and hopelessness about life. Most people who consider suicide do not really want to die; they just do not know how to cope with life. At such times, it is important that they get support from the people around them, and perhaps even from healthcare professionals. It is OK to ask about suicidal thoughts. For most people, it is a relief to be able to talk about how they are feeling.

Here are four steps that can help you talk to someone who is not doing well and who may be considering ending their own life.



### REACH OUT.

Have you noticed that someone you care about is not doing well and may have changed in a way that you find worrying? Talk to that person. You can say: "I can see that you're not doing well. Would you be willing to talk to me about how you're feeling?" Sometimes, one conversation is all that is needed for a person to put off their plans to take their own life and decide to keep living.



### LISTEN.

Show that you care by asking whether anything specific has happened. Try to be open-minded and non-judgmental when listening to the other person. This will increase the chances of them feeling safe enough to talk about how they feel. Do not be afraid of silence. Thoughts and feelings are being processed during these periods of silence. Open-ended questions are always good, but there are times when you need to ask clear questions to get the conversation going: "What did you do yesterday?", "How are things going at school/work?" If elements that the person perceives as positive come up, point them out and emphasise them.



### ASK ABOUT SUICIDAL THOUGHTS.

When you ask the question, you show that it is OK to talk about suicidal thoughts. You do not need to worry that the question will increase the risk of suicide. That is a myth. You can ask: "Are things so tough that you sometimes think about ending your life?" If the answer is yes, you can ask: "Have you thought about how you would do it?" Detailed plans may indicate that the situation is more serious. If the person has been in a similar situation before, how did they handle it then? All talk of suicide should be taken seriously, and never promise that you will keep someone's suicidal thoughts a secret.



### SEEK HELP.

Give hope by emphasising that help is available and by discussing how you can support them. Offer to go with them and seek help. The next page contains information on who you can contact. Try to help the person to calm down by simply talking or breathing calmly. Stay with them and, if possible, contact someone they feel comfortable with. Never leave someone who is suicidal alone. If the person does not seem to have control over the situation, consider it an emergency – call 112 or go to the emergency psychiatric clinic at the nearest hospital.