

## HELP LINES AND SUPPORT SITES

Hjälplinjen (National help line) 0771-22 00 60.

Mind, Självordslinjen (Suicide line) 90101 and chat: [mind.se/sjalvmordslinjen](http://mind.se/sjalvmordslinjen).

Mind, Föräldratelefonen (Parental helpline), 020-85 20 00.

Mind, Äldretelefonen (Elderly people's helpline), 020-22 22 33.

BRIS, Barnens telefon (Children's helpline), 116 111.

BRIS, Vuxnas telefon – om barn (Adult helpline – about children), 077-150 50 50.

Jourhavande medmänniska (Someone's there to listen), 08-702 16 80.

Jourhavande präst (Duty priest), telephone support via 112. Chat: [svenskakyrkan.se/jourhavandeprest](http://svenskakyrkan.se/jourhavandeprest).

[jourhavandekompis.se](http://jourhavandekompis.se). Chat for young people up to the age of 25.

umo.se. For young people 13–25 years of age. Ask questions about sex, health and relations.

SPES. For relatives of the person who committed suicide, 08-34 58 73.

## PLACES YOU CAN TURN TO FOR TALKS OR CARE:

- The "Vårdguiden 1177" medical advice guideline. Ring for advice on where to go.
- Medical Centre
- Student health service, e.g. school nurse or school social worker.
- University student health service.
- Occupational health service
- Young people's clinic. You will find information on your clinic at [umo.se](http://umo.se).

**IN AN EMERGENCY, RING 112 OR GO TO YOUR NEAREST PSYCHIATRIC CLINIC.**

**READ MORE AND WATCH THE FILM CALLED "STEPS FOR LIFE" ABOUT SUICIDAL THOUGHTS, INNER LONELINESS AND THINGS THAT CAN HELP YOU AT [STEGFORLIVET.SE](http://STEGFORLIVET.SE).**

The information folder has been produced by:

**SUICIDPREVENTION I VÄST**



# STEG FÖR LIVET

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

# 1

## **ARE YOU WORRIED THAT SOMEONE IN YOUR SURROUNDINGS IS CONSIDERING SUICIDE?**

It is sometimes difficult to know what you should ask or how to go about providing help. But you can make a difference just by showing that you care and are there.

It is not unusual to have suicidal thoughts at some stage of your life, but when those thoughts of taking your life recur and occupy large amounts of your time, it is serious and help is then needed. It may often be that someone feels very lonely and feels that life is hopeless. Many people who consider suicide do not actually want to die but they do not know how to cope with life. It is then important to receive support from people around you and maybe also from the healthcare system. Asking about suicidal thoughts is not a dangerous thing to do - for most people it is a relief to talk about how they are feeling.

These four steps can help you to talk to someone who is feeling bad and who may be considering ending his or her life.

# 2

## **SHOW THAT YOU CARE AND WANT TO LISTEN.**

Ask whether something in particular has happened. Maintain eye contact while talking and try to be open and open-minded. Do not be afraid of silences occurring – thoughts and feelings are being processed during these silences. There are times when you need to ask clear questions to get the conversation going - “What did you do yesterday?”, or “How are things going at school / work?” If things that the person perceives as positive in his or her life come up, point them out and emphasise them.

# 3

## **ASK ABOUT SUICIDE.**

When you ask the question, you are showing that it is OK to talk about suicidal thoughts. You do not need to worry that the question might increase the risk of suicide. That is a myth. You can ask: “Are things difficult enough for you to sometimes think of ending your life?” If the answer is yes: “Have you thought about how you would go through with it?” Advanced plans may indicate that the situation is more serious. If the person has been in a similar situation, how did he or she handle it then? Take all talk of suicide seriously and never promise to keep anyone’s suicidal thoughts secret.

# 4

## **SEEK HELP.**

Emphasise that help is available and discuss how you can offer support. Offer to go with them and seek help. On the next page you will find information on where you can go. Try to ensure that the person feels calm, stay there and it could be a good idea to contact someone with whom he or she feels secure. Never leave someone who is close to suicide on their own. If the person does not appear to be in control of the situation, consider this to be an emergency and ring 112 or go to the emergency psychiatric clinic at the nearest hospital.