

WORLD SUICIDE PREVENTION DAY

September 10, 2021

TAKE TIME TO REACH OUT

Taking time to reach out to someone in your community, a family member, friend, colleague or even a stranger, could change the course of another's life.

You can help give someone hope by showing that you care. All of us can play a role, no matter how small. We may never know what we do that makes a difference. We all can reach in and ask somebody. You do not need to tell them what to do or have solutions, but simply making the time and space to listen to someone about their experiences of distress or suicidal thoughts can help. Small talk can save lives and create a sense of connection and hope in somebody who may be struggling.



Look out for those who are not coping

Warning signs of suicide include: hopelessness, rage, uncontrolled anger, seeking revenge, acting reckless or engaging in risky activities – seemingly without thinking, feeling trapped like there's no way out, increased alcohol or drug use, withdrawing from friends, family and society, anxiety, agitation, unable to sleep or sleeping all the time and dramatic mood changes.



You don't need to have all the answers

People are often reluctant to intervene, for many reasons, including a fear of not knowing what to say. It is important to remember, there is no specific formula. Individuals in distress are often not looking for specific advice. Empathy, compassion, genuine concern, knowledge of resources and a desire to help are key to preventing a tragedy.

Individuals who have survived a suicide attempt have much to teach us about how the words and actions of others can be important, and those who have come through an episode of severe suicidal thinking often say that they were not looking for specific advice, but that compassion and empathy from others helped to turn things around for them and point them towards recovery.



Don't be afraid to ask someone if they are suicidal

Another factor that prevents individuals from inter-vening is the worry of making the situation worse. This hesitation is understandable as suicide is a difficult issue to address, accompanied by a myth that suggests talking about it may instigate vulnerable individuals to contemplate the idea or trigger the act. Evidence suggests that this is not the case. The offer of support and a listening ear are more likely to reduce distress, as opposed to exacerbating it. The listening ear of someone with compassion, empathy and a lack of judgement can help restore hope. We can check in with them, ask them how they are doing and encourage them to tell their story. This small gesture goes a long way. If a colleague or a family member is suicidal, refer them into the ICAS EWP, or call your company designated toll-free number and our psychologists will assist you.

If you or your loved one needs support during this time, reach out to your ICAS EHWP via your toll-free number or the ICAS On-the-Go App to seek counselling support

Call your dedicated Toll-Free Line.
(Free from landlines and mobile phones.)

Or request a call back: ***134*905#**

Applicable to you and those who live under your roof.