

How to Help in a Suicidal Crisis

Many people have considered suicide at some point in their lifetime. Most decide to live because the crisis is temporary, but death is not. Those in the midst of a crisis may perceive their problem to be permanent and cannot consider the alternatives. It's OK to ask for help.

- Take the situation seriously, be aware of sudden changes in behavior or moods and be willing to be supportive to that person and link the person to emergency services.
- *Ask clearly and directly if the person is thinking about suicide.* You will never plant the idea of suicide.
- You are allowing the person to talk about what he/she is feeling because you care and you're willing to listen. You are allowing the person to feel relief, consider alternatives and have a starting point for a solution.
- There is no need to debate whether suicide is right or wrong, whether feelings are good or bad. You can be supportive just by hearing their story, reflecting what you hear and acknowledging their pain.
- Express acceptance and concern. Encourage the person to talk. Many suicidal individuals are ambivalent about dying. "It sounds like a part of you wants to die, but a part of you wants to live. How can we keep that part of you safe?"
- Ask the person if he/she has a suicide plan, if they have access to lethal means (pills, gun, etc.), and if they have decided when to act. If the person does have access, see if the means can be safely removed and placed in the care of another person or the police department.
- Offer the person hope. *There is help available and people who care 24 hours a day, 7 days a week.* Offer to connect him/her with Ulster County Mobile Mental Health, Family of Woodstock Inc. or the emergency department for crisis and suicide intervention services.

24 HOUR CRISIS HOTLINE
FAMILY OF WOODSTOCK, INC.
(845) 679-2485 or (845) 338-2370

ULSTER COUNTY MOBILE MENTAL HEALTH
ACCESS: Supports for Living
(844) 277-4820

SuicidePreventionLifeline.org



PreventSuicideNY.org

Sponsored by

Ulster County SPEAK: Suicide Prevention Education, Awareness and Knowledge

UlsterCountySPEAK.org