

What's related to Suicidal Thoughts & Behavior

1. Being depressed

Low self-esteem (i.e. I'm such a failure, there's no meaning in life)

Hopelessness (i.e. Things will never get better)

2. Low perceived Social Support

i.e. Others have no idea what I'm going through, I'm so lonely in this.

i.e. "No one wants to/is able to help me"

3. Acquired Capability of Suicide

Having a plan (when, where, how, preparatory actions (i.e. leave someone a note))

Having the means (i.e. pills, gun)

Negative Urgency (i.e. I'm in so much pain so I would do anything to lessen it now)

4. Recent Stressor

i.e. personal loss, trauma, significant changes in life (i.e. end of a relationship), others committing suicide, pandemic

* Note. Not every suicidal person exhibit these patterns, exhibiting some of these patterns doesn't necessarily one is suicidal

by @Irene Xu

What you can do for someone having Suicidal Thoughts & Behavior

1. Show care in a non-judgemental way

i.e. I notice you've been down / there are scars on your arm.

I care about you and want to ask if you are (having thoughts of) hurting yourself?

2. Acknowledge and validate their Pain.

i.e. I can't imagine how much pain you are in.

Do you want to talk to me about how it's been like or what's been going on?

Do NOT offer advice / relate to your own experience right away, let them talk.

3. If the person is willing to talk, ask non-leading questions to try to understand what they are going through and give them a chance to talk through the process.

i.e. What feelings led to the impulse to ... ?

Are there other things that would make you feel slightly better at this point?

If not, validate that decision

i.e. It's not something easy to talk about indeed.

Is there anything I can do to help you go through this difficult period?

Is me merely being here making you feel better?

4. Provide Support & Suggest professional help

i.e. I will do anything I can to help you, but I can't do it alone.

Can I get you some support?

tip. Therapy can be intimidating, so start little - call for a consult/referral w/o committing to anything

Remember: your health should be prioritized when trying to help others.

if the person gets overly reliant on you, let them know that they are very important to you so you want to make sure they receive enough support that you're not able to provide just by yourself.

NO suggestion Why don't you go shower? → Are there activities you find soothing? For me it's a hot shower.

NO false promises. It'll be fine → I'll be here with you no matter how things go.

NO trivialization Oh, school stuff → Tell me more about it

Rule of Thumb. One is suicidal means they are in a lot of pain which they believe will never get better.

C Care

(Imagine they have cancer).

V Validate feelings

C Curious abt their situation — Ask what, how, not WHY

P Provide support & Professional help

You can't cure cancer, but you can make sure they receive proper treatment by @Irene Xu