

Offering support to someone if you think they are suicidal



Suicidal means a person is thinking about killing themselves. If you think someone is feeling suicidal, talk to them and listen to what they say.



You might feel you need to try to give them answers. But the most important thing you can do is listen. If you are worried do not be afraid to ask them if they are thinking about suicide.

Warning signs of suicide



A person may be at serious risk if they are feeling suicidal and they:



- have made a plan about how they will kill themselves,
- have access to ways of killing themselves,
- are careless and do things that put them at risk,
- have tried to kill themselves before,
- know someone who killed themselves or tried to,
- are thinking about being dead.



Call 999 or go to your nearest Accident & Emergency (A&E) unit now if you think someone's life is at immediate risk.

[Find your nearest A&E](#)

Other warning signs

A person may be at serious risk if they:



- talk about hurting or killing themselves,
- talk about feeling trapped and say they cannot see any way out of their situation,
- talk or write about death, dying or suicide,
- can cope with a lot of pain,
- are feeling hopeless,
- have mood swings episodes and get angry very quickly,
- lose interest in most things,
- do careless things that might harm them,
- have started taking drugs or alcohol, or are taking more than they usually do,
- have started avoiding friends and family,
- seem to be anxious and on edge all the time,
- cannot sleep or sleep much more than usual,
- say there is no point to their life,
- put their affairs in order, like giving away their things or making a will.



If you notice any of these warning signs talk about how they are feeling. Scottish Association for Mental Health (SAMH) have information and advice on [how to ask if you're concerned someone is thinking about suicide](#) (PDF 484KB).



You can also ask for permission to share your concerns with their GP or if they have one, their care team.



[Watch 'Ask, Tell - Have a healthy conversation' on Vimeo](#)

Practical advice to support someone



[Scottish Association for Mental Health \(SAMH\)](#) has more information about helping someone with suicidal thoughts.



They have information for:

- [friends and family](#)
- [people supporting an employee](#)
- [people supporting a student](#)



There is also information for [how to cope when supporting someone else](#). It's important that you also look after your own mental health.



[YoungMinds](#) have advice and resources for parents. You can also get help from your GP or by phoning 111.