

VOLUNTEERS / FRONTLINE OFFICERS:

Persons Experiencing Suicidal Thoughts

Action

- Take suicidal thoughts seriously and seek professional help
- Stay with the person and offer emotional support and reassurance
- Remove any means of self-harm from the environment, such as medications or sharp objects

Speech

- **Let the person know that you are there for them**
- **Encourage emotional expression and validate their feelings**
- **Do not be judgemental**

**You may
say**

***I can see why you are so stressed up.
I am concerned for your wellbeing.***

**Avoid
saying**

***It's not worth losing your life over a small
issue.***

- **Do not panic if you make a mistake**

**You may
reattempt by
saying**

***I'm sorry if I said the wrong thing. Can
we start again?***



Remember do not promise confidentiality when supporting a person who is suicidal.

Safety

If the risk is high or we are certain that a suicide attempt seems imminent, seek help immediately by:

- Contacting the police
- Escorting the person to the A&E for medical assistance.

While waiting for help to arrive, stay with the person and continue to engage him. Do not leave the person alone under any circumstances.

For clients with a history of risk concerns, it is advisable to conduct home visits in pairs.

RELEVANT HELPLINES:

Samaritans of Singapore (SOS)

- 24-hour Hotline: 1-767
- 24-hours CareText
- WhatsApp: 91511767
- CareMail: pat@sos.org.sg

Care Corner Counselling Hotline (Mandarin)

- 1800 3535 800

Police

- 999 (24-hour)

IMH

- 6389 2222

Non-emergency ambulance

- 1777
(24hour, fees apply)