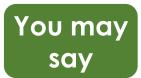
## General Public: Persons Experiencing Suicidal Thoughts

## Action

- Take suicidal thoughts seriously and seek professional help immediately
- If the person is in immediate danger, call emergency services or take them to the nearest hospital
- Provide support and reassurance to the person while they receive professional care

## Speech

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



I can see why you are so stressed up. I am worried about you.

Avoid saying

How may I help you?

Don't panic if you make a mistake

You may reattempt by saying

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

## Safety

Always prioritise the person's safety and well-being above all else. Ensure that the person is in a safe and secure location.

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

- Contacting the police
- Accompany the person to an emergency room

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

