

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**

**You may
say**

*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.

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)