FACTSHEET 5

Worried about someone

Are you OK?

If you are worried about someone's mental health and wellbeing, or have any concerns or worries about their feelings towards suicide, best practice is clear, always ask if they are OK, and be prepared to ask twice, as in

Are you really OK?

Research shows that being open and asking directly about suicide can reduce the risk of a person ending their life.

If you are mistaken, the worst that will happen is an awkward conversation, but at least that person will now know you are someone they can come and talk to about suicide should they ever need to.

Our listing ear service is available daily from 6pm, just visit our website.

Worried about someone

Some people who are suicidal will work hard to ensure nobody else knows. However, we know that there are signs and through our training you can learn how to recognise them.

Even when people are willing to talk about having suicidal feelings there are also nonverbal signs that you may consider. As everyone is individual, this is not an exhaustive list but changes in their language or words such as;

"I can't do this anymore"
"there's no point"
"no one would miss me if I wasn't here"
"my friends/family would be better off without me"

could all be indicators that someone is thinking about suicide. Other signs may also include;

- Behavioural changes such as losing interest in things that would normally be engaging, withdrawing, becoming more isolated, giving away or destroying possessions.
- Physical changes like weight loss or gain, poor hygiene or not caring about their appearance.
- Expressing feelings such as hopelessness, guilt, shame or worthlessness. All these are invitations for someone to notice that things are not right and to ask them directly about suicide.

For more information on the following topics, please visit our website.

- If I ask about suicide , what do I do if they say yes?
- Where can they get help?
- Where and how can I get support for me?

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