

OUT OF HOUR CONTACT NUMBERS

POLICE (non-emergency)
101

LIFELINE (24hours)
0808 80888000

SAMARITANS
116 123

GP OUT OF HOURS
028 71865195

ALTNAGELVIN HOSPITAL
028 71345171

FOYLE SEARCH & RESCUE
028 71313800

DOMESTIC & SEXUAL ABUSE
HELPLINE
0808 802 1414

DRINK HELPLINE
0800 9178282

DRUG HELPLINE
0800 77 6600

CHILDLINE
0800 11 11

CRISIS INTERVENTION SERVICES
02871262300
THURSDAY 8PM TO SUNDAY 8AM

.....
THIS COULD HELP

SAVE A
LIFE



NIC 106818

For more info contact

ME4MENTAL

18a Queens Street
BT48 7EF
02871 413050

www.me4mental.com

info@me4mental.com

OPENING
HOURS
Mon-Thur 10 to 4
Fri 10 to 2



STEP
IT UP

PROJECT
INTERVENTION FOR
SUICIDE PREVENTION

STEPS TO HELP THOSE FEELING
SUICIDAL

THIS COULD HELP
SAVE A
LIFE

STEP IT UP

PROJECT
INTERVENTION FOR
SUICIDE PREVENTION

STEP 1 ASK

ARE YOU FEELING SUICIDAL?

IF ANSWER IS **YES** CONTINUE TO NEXT STEP

IF THE ANSWER IS **NO** ASK THE QUESTION AGAIN

IF THE ANSWER IS STILL **NO** TALK TO THEM HOW THEY ARE FEELING AND VOICE YOUR WORRIES ABOUT THEIR WELLBEING.

STEP 2 KEEP SAFE

REMOVE ANY ITEMS THAT WOULD CAUSE HARM EG, KNIVES, RAZORS, TABLETS AND ROPE ETC....

STAY WITH OR IN CONTACT WITH THE PERSON UNTIL THEY GET HELP.

STEP 3 GET HELP

Call GP OR OUT OF HOURS FOR EMERGENCY APPOINTMENT

GO TO YOUR LOCAL A&E DEPARTMENT

IF YOU CAN'T KEEP THE PERSON SAFE eg CAN'T BE NEAR THEM AND YOUR EXTREMELY WORRIED RING 101 AND ASK FOR A WELFARE CHECK PROVIDING THE PERSONS NAME ADDRESS AND TELEPHONE NUMBER AND THE POLICE WILL GO OUT AND CHECK ON THEM.

STEP 4 REASSURANCE AND STAYING CONNECTED

KEEP THE PERSON CALM AND REASSURE THEM THINGS WILL BE OK AND THEY ARE DOING THE RIGHT THING.

STAY IN CONTACT WITH THE PERSON THROUGHOUT AND AFTER TREATMENT THIS WILL GIVE THEM A SENSE OF SECURITY AND SUPPORT.



HOW TO TALK TO SOMEONE FEELING SUICIDAL

DO'S

OPENLY LISTEN AND LET THEM TALK WITHOUT ANY JUDGEMENT

REASSURE THEM THAT THERE IS HELP AND SUPPORT AVAILABLE TO THEM

EXPLAIN THAT WHAT THEY ARE EXPERIENCING IS TREATABLE AND THAT THEIR FEELINGS ARE TEMPORARY

DON'T

DON'T LESSEN WHAT THEY ARE GOING THROUGH OR SHAME THEM INTO CHANGING THEIR MIND

DON'T TRY AND PERSUADE THE PERSON WHO IS SUICIDAL THAT '**ITS NOT THAT BAD**'

DON'T LECTURE THE PERSON ABOUT SUICIDE BEING RIGHT OR WRONG

