Are you concerned that somebody you know is thinking about suicide? The most important thing you can do to help is ask them.

“Are you thinking about suicide?”

**No**

- Explain why you were worried and listen to what the person has to say.
- You might want to suggest that they speak to their GP about how they’re feeling, or look at other sources of support.
- The person now knows they can speak to you about suicide in the future.

**Yes**

- Listen to what the person has to say, how they are feeling and why. Remain calm.
- Try not to judge the person. Treat what they say seriously and sensitively.
- Discuss how they can keep safe and where you can find help together.
- Agree how to contact the person’s GP or call NHS 24.

Remember, you cannot be responsible for fixing the problems of the person.

The best you can do is listen and support them to find help.

You can find more suicide prevention information and resources at www.samh.org.uk

**Helpful contacts**

- **Samaritans**
  - 116 123

- **Breathing Space**
  - 0800 83 85 87

- **NHS 24**
  - 111

- **Shout UK**
  - text 85258

SAMH is the Scottish Association for Mental Health. Scottish Charity No SC08897