

# Suicide Intervention

## General Guidelines

- Start the intervention immediately after the threat is recognized.
- Be patient. Don't rush the person.
- Be calm and flexible.
- Know your objectives.
- Be direct in your questioning.
- Guide the person in defining the problem.
- Focus on the main issue.
- Emphasize the temporary nature of the problem.
- Explore possible solutions.
- Identify reasons to live.
- Aim at reducing pain, pressure and agitation.
- Aim at resolving the immediate crisis or referring the person for professional assistance.



### **Do not:**

- Sound shocked.
- Promise anything you can't guarantee.
- Overlook the signs of suicide.
- Argue with the person.
- Argue about moral issues.
- Leave the person alone.
- Agree to keep the suicide threat a secret.
- Remain the only person providing help. (Get other resources involved as soon as possible.)