

Risk of suicide - What to look out for



Is the person?

Withdrawing from the company of others?

Preparing for their exit?

Neglecting their appearance eg do they look different to usual?

Giving their possessions away?

Withdrawing or refraining from activities?

Does the person?

Show little or no interest in now and their future?

Have a marked change of character?

Have a history of suicide attempts?

Have a concrete plan on how to kill themselves?

Display psychotic behaviours e.g. hearing voices?

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116 123

Risk of suicide - What to say



Emotional

Take them seriously, do not deny their feelings or ask them not to do it

Allow the person to speak freely, your witness could help them verbalise their emotions

Please do not judge them

Actively listen by using the SHUSH technique

SHUSH – active listening tips
Show you care
Have patience
Use open questions
Say it back
Have courage

Words

'I can hear how bad things are for you'

'I can understand how you would feel like that'

'I hear you and I want you to know that I believe you'

Let them **hear** themselves
Detainee: 'I feel so sad'
You: 'You feel so sad'

Practical

Help them to come up with a step by step support plan for when they are feeling suicidal, with people to contact

Give them the Samaritans number 116 123

Call a solicitor or family member (with permission)

Encourage their involvement in activities

If they cannot face their future, support them to explore their past if they wish to

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Risk of suicide - What to do



If you suspect the person you are visiting is suicidal

1. Ask them if they are on an

ACDT Plan

2. Tell them you are concerned for their safety and need to let Lou & Jess know

'I am concerned for your safety, I need to let Lou and Jess know about these concerns, it's part of our duty as a Befriender. I am sorry to break our confidence, nothing is more important than your safety and wellbeing.'

3. Explain the next steps of the process to them

'Once I have let my colleagues know, they may refer you to the Assessment Care in Detention Team here at the centre. This team will then choose how to monitor and support you'

4. DO NOT inform officers or SERCO staff in the visits hall or reception

It's rare that the ACDT team have not already picked up on signs

You

Use your journey home from the centre as an opportunity to reflect

If you feel the risk of harm to the client is real then please follow this process

In office hours (Mon to Fri 9am to 5pm)

call 01234 867219

Out of hours

call Jess on 07825 958472

Lou on 07578 575996

Your well-being and positive mental health are of primary concern. If you need to speak with somebody outside of the organisation, please contact a confidential organisation such as Samaritans on 116 123 or <https://www.samaritans.org/>

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