

# Suicide and self harm



# What are we talking about?

- Suicidal ideation: Thoughts that one may want to end their life. This can be passive or active, detailed or fleeting.
- Suicidal Behaviours: Actions taken on suicidal thoughts.
- Self harm: Intentional hurting/harming of self  
eg., cutting, scratching, etc.

Reference [mhfa.com.au](http://mhfa.com.au)



# What is your role and responsibility?

Identifying risk?

Assessing Risk?

Referring on to specialised services?

Ongoing monitoring?

**It's everyone's job to ask  
about suicide and self harm**



# Signs a person may be suicidal

- Threatening to hurt or kill themselves
- Looking for ways to kill themselves
- Talking or writing about death, dying or suicide
- Hopelessness
- Rage, anger seeking revenge
- Acting recklessly or engaging in risk taking activities
- Feeling trapped or like there is no way out
- Withdrawing from friends and family

Reference [mhfa.com.au](http://mhfa.com.au)



# How do you ask someone about risk?

- Be aware of your own attitudes to self harm and suicide
- Be aware of your skills and limitations
- Be patient and calm when asking
- Listen actively
- Express empathy
- Clarify with questions in order to get a clear understanding of the situation

Reference [mhfa.com.au](http://mhfa.com.au)



# Getting Support

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For your client

For yourself

Organizational response



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