



# **SUICIDE - LET'S TALK**

## **A SUICIDE PREVENTION WORKSHOP**

**PARTICIPANT WORKBOOK**



2020

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phone: 0447 0447 84

[www.mentalhealthmanagement.com.au](http://www.mentalhealthmanagement.com.au)

email: [hello@mentalhealthmanagement.com.au](mailto:hello@mentalhealthmanagement.com.au)

Instagram: [@mentalhealthmanagement](https://www.instagram.com/mentalhealthmanagement)

# welcome

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The more we talk about suicide the more we can help prevent suicide!

Suicide is shrouded in unnecessary stigma – just like mental health.

Here we are in the 21<sup>st</sup> century and we can't candidly reach out about feelings of suicide.

The more we talk about suicide the more we break down the fear, the judgement, the stigma.

Talking about suicide creates a space of understanding, of empathy and of kindness to those who are battling notions of suicide.

Suicidal thoughts are struggle enough without having the further struggle of isolation.

Suicidal people respond to talk therapy!

People tormented with suicidal thoughts respond well to being able to express their fears, their thoughts, their anxieties or their sense of hopelessness within a non-judgmental and empathic environment.

Thank you for taking the time to undertake this important workshop on suicide prevention.

Suicide prevention requires that we be prepared, be informed, be educated, be available.

**SUICIDE – LET'S TALK**



# about this workbook

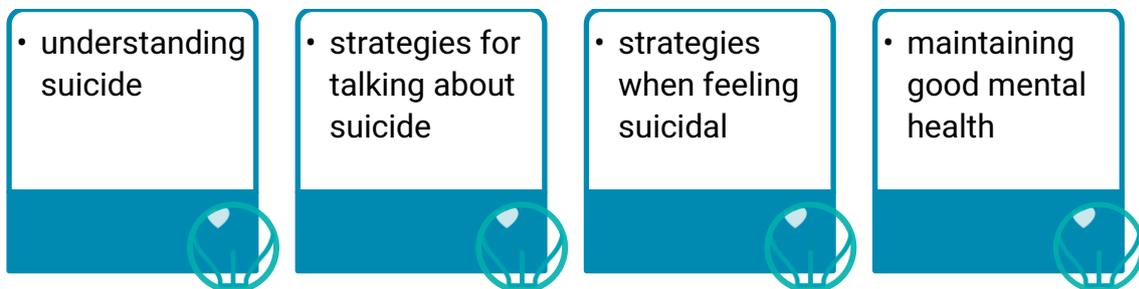
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## workbook

The workbook is for participants to use during the **SUICIDE – LET’S TALK** workshop. Taking the time to complete the workbook assists in acquiring knowledge, understanding concepts and strategies and developing skills.

## format

This workshop is structured into four segments.



## activities

The activities in the workbook are a chance for self- reflection and an opportunity to apply concepts & strategies.

## outcomes

By participating in this training you will gain a strong idea of how to talk about suicide.

By the end of the workshop participants will:

- have a better understanding of suicide
- have a strong idea of how to talk about suicide with a person who is feeling suicidal
- develop some strategies for when a person feels suicidal
- understand the importance of self-care

## safe learning environment

**SUICIDE – LET’S TALK** is committed to ensuring a safe and positive learning experience.



Talking about mental health and suicide can sometimes trigger an emotional response. You may have your own personal struggles with suicide or mental health issues or you may be bereaved by suicide.

It is imperative to be self-aware and acknowledge your own emotional state.

This does not mean you cannot work through the course. The more knowledge you gain around the subject of suicide, the easier it is to discuss your experiences and thoughts.

A safe learning environment allows us to recognise our own feelings and emotions and to be comfortable to speak openly and freely without fear of judgement.

A crucial part of this workshop is to provide a safe and secure space to learn about and discuss mental health.

### be mindful of yourself

**SUICIDE – LET’S TALK** information is intended to assist participants in understanding suicide. It is not intended to be a substitute for obtaining advice from a qualified allied health professional or medical practitioner.

If you or someone you know is suicidal call Lifeline on 13 11 14 or in an emergency call the police on 000.

## a positive & supportive learning environment

### safe

- participants need to feel physically, mentally and emotionally safe in the workshop

### supported

- participants need to feel supported, respected and valued in order to feel safe and to learn

### included

- participants need to feel included and involved in order to learn

### engaged

- participants need to be engaged to gain a positive learning experience

### challenged

- learning needs to challenge participants. challenges may be intellectual, emotional or personal

# suicide myths vs suicide facts

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Consider these myths and facts about suicide.

Circle your answer

1. If I talk about suicide it might encourage someone to suicide.

MYTH

FACT

2. Suicidal people are often attention seeking.

MYTH

FACT

3. Suicide is a cry for help.

MYTH

FACT

4. Suicidal people are mentally ill.

MYTH

FACT

5. If people are ambivalent, they don't really want to kill themselves.

MYTH

FACT

6. If a suicidal person makes me promise to keep it secret, I am bound not to tell anyone.

MYTH

FACT

7. Only medical experts know how to talk about suicide.

MYTH

FACT

# UNDERSTANDING SUICIDE



# what is suicide?



Tick the statement that is true:

- Suicide is a behaviour.
- Suicide is a mental illness.

List some suicidal behaviours:

SUICIDAL BEHAVIOURS

## suicide & mental health

Tick the statements that are true:

- People with a mental illness are more likely to suicide
- Only people with a mental illness suicide.
- Not all people with a mental illness suicide

## what are some of the barriers to seeking help?



**Complete the sentence:**

The more we talk about suicide and mental health

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List some of the barriers to seeking help for poor mental health or suicidal thoughts.

BARRIERS TO SEEKING HELP

notes

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## why do people self-injure?



What are some of the reasons people self-injure?

### NON-SUICIDAL SELF-INJURY

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## signs & symptoms of non-suicidal self-injury

What are some of the signs & symptoms of non-suicidal self-injury?

### NON-SUICIDAL SELF-INJURY SIGNS & SYMPTOMS

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# TALKING ABOUT SUICIDE





## suicidal people respond to talk therapy



**Tick the correct statements:**

Talk therapy

- Is a chance to tell a person what you think about suicide.
- Is about listening non-judgmentally.
- Is about listening empathically.
- Is wasted on suicidal people.

Talking about suicide

- Relieves the stress of thinking about suicide.
- Helps suicidal thoughts subside.
- Is about listening empathically.

## how to talk about suicide



What are the best ways to talk about suicide?

### HOW TO TALK ABOUT SUICIDE

#### True or False



If you are unsure about what to do, it is ok to let the suicidal person know that you may need to get help.

TRUE FALSE



If someone asks you to keep suicide a secret it is important to keep their secret.

TRUE FALSE

## how not to talk about suicide



What is unhelpful when talking about suicide?

HOW NOT TO TALK ABOUT SUICIDE

notes

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## asking about suicide



**Complete the sentence:**

When someone is troubled by suicide it is best to

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What helps break down the stigma around suicide?

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**How would you ask about suicide?**

HOW TO TALK ABOUT SUICIDE

notes

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## keeping the conversation going



### True or False



it is important to let the conversation continue as this helps form a connection with a person.

TRUE FALSE



Letting someone who is thinking about suicide, know what you think about suicide, will help a person decide not to suicide.

TRUE FALSE



Forming a connection can help break suicidal though patterns.

TRUE FALSE



If someone asks you to keep suicide a secret it is important to keep their secret.

TRUE FALSE

## imminent suicide



What would you do if you thought a person was at imminent risk of suicide?

IMMINENT SUICIDE

## risk plan



What would your risk plan include?

### IMMINENT SUICIDE CHECK LIST

## notes

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## non-imminent suicide



**Tick the correct answers**

If a person has no definite plan

- it is helpful to talk to the person about their suicidal thoughts
- it means they have no real intention of suicide
- they may not be safe from suicide
- they will not suicide

Developing a safe plan is

- not always a good idea
- is an important part of a conversation around suicide

## develop a safe plan around suicide

What would your risk plan include?

### NON-IMMINENT SUICIDE CHECK LIST

### notes

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# communication skills to talk about suicide



List some reasons why talking about suicide can be difficult

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Complete the checklist

CHECKLIST		
?		✓
?		✓
?		✓
?		✓

## direct communication

It is better to acknowledge a person and say something than ignore them or hope that someone else steps up.

### are you ok?



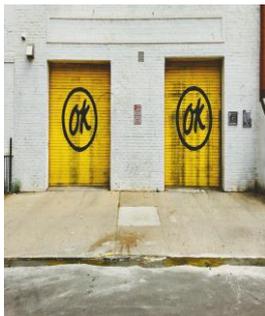
#### True or False

If you notice someone with signs & symptoms of poor mental health, it is beneficial to ask them "R U OK?"

TRUE

FALSE

### I'm ok!



#### Tick the correct statement.

If someone says they are ok you should

- Accept that they are ok
- Check in with them again if you feel they are not ok
- Leave them alone

### I'm not ok!



#### Tick the correct statement.

If someone says they are not ok you should

- Know how to resolve their problems
- Support them
- Call someone else to help

#### Complete the sentence:

You are not there to resolve someone's problems - \_\_\_\_\_

\_\_\_\_\_



## non-verbal language



What are 2 components of non-verbal language?

1. \_\_\_\_\_
2. \_\_\_\_\_

## body language

What are some body language considerations when communicating with someone?

BODY LANGUAGE

tone



Name some things that affect your tone of voice

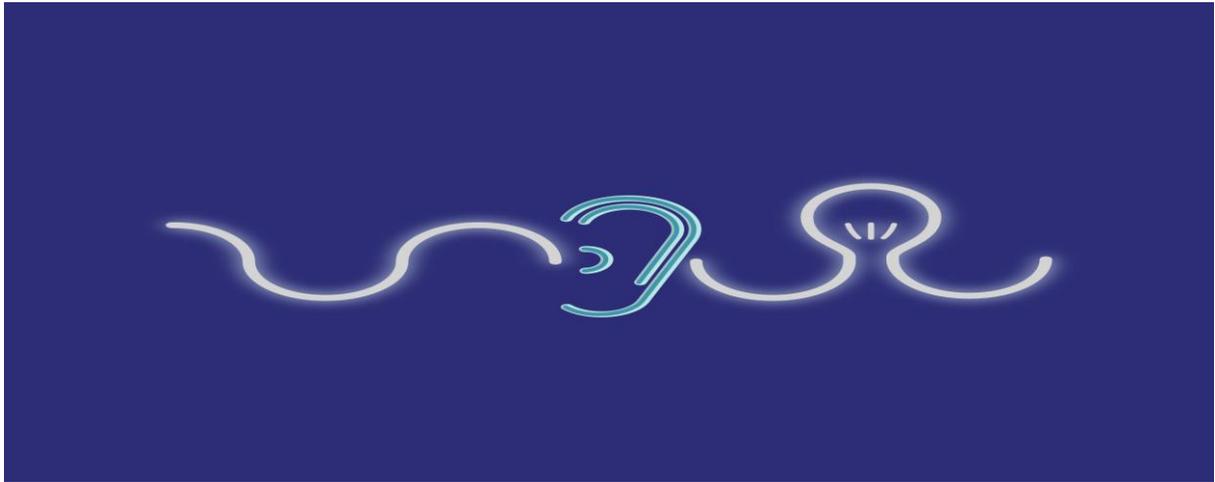
TONE

communication

List some things you need to consider when communicating with someone:

COMMUNICATION

## active listening



## active listening



What is Active listening?

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List some active listening skills

ACTIVE LISTENING SKILLS



the less you say

the more you listen

## non-judgmental listening



What is non-judgemental listening?

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**Complete the sentences:**

Non-judgemental listening is a \_\_\_\_\_

Non-judgmental listening can be \_\_\_\_\_

**True or false**



Non-judgmental listening can be difficult.

TRUE FALSE



We all have values and judgments.

TRUE FALSE



It is ok to let people know how you feel about suicide.

TRUE FALSE



It is important to let people know your story.

TRUE FALSE



# SUICIDE – LET’S TALK



## activity

In the table below, write down how you might respond to a person who has expressed that they have had thoughts of suicide.

### DISCUSSING SUICIDAL THOUGHTS

DISCUSSING SUICIDAL THOUGHTS	

# encourage a person to seek professional



List some professional help that is available.

PROFESSIONAL HELP



## True or False

If a person is anxious or depressed, it is best to decide what help is best for them.

TRUE	FALSE
------	-------

If a person doesn't want help it is best to force them to get help.

TRUE	FALSE
------	-------

If a person refuses help you can check in with them again at a later time.

TRUE	FALSE
------	-------

If a person is in crisis and is unable to make a decision then a collaborative plan of action is the most beneficial and sustainable.

# STRATEGIES WHEN FEELING SUICIDAL



# strategies when feeling suicidal

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name 3 types of lists that can help a person when they are feeling suicidal

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Write some things you might put in a reminders list.

REMINDERS LIST

Write down who you might put in a love list.

LOVE LIST

Write what things you would put in a to do list.

TO DO LIST



## what to do with the lists

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Write down what you would do with your lists.

TO DO LIST

## notes

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# MAINTAINING GOOD MENTAL HEALTH



# how to maintain good mental health



**Name 3 things that help support good mental health.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Name 2 methods of maintaining good mental health, particularly if someone is feeling suicidal.**

1. \_\_\_\_\_
2. \_\_\_\_\_

notes

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## setting goals



## SUICIDE – LET’S TALK



### activity

In the table below, write down some goals that you would love to achieve and how you can work towards kicking those goals.

### SETTING GOALS

SETTING GOALS

## self-care



### what is self-care?

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Write some self-care activities.

#### SELF-CARE ACTIVITIES

A large, empty rectangular box with a black border, intended for writing self-care activities.



## SUICIDE – LET’S TALK

### activity

Creating a self-care plan is extremely helpful. Your self-care plan can be motivating, help with commitment, create a sense of control and is particularly useful in times of stress, poor mental health or suicidal thoughts.

In the table below, create a self-care plan and write down some things you can do to self-care.

### SELF-CARE PLAN





# questions & answers

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**Q1. Complete the sentence.**

Suicide is considered a \_\_\_\_\_ and not a \_\_\_\_\_

**Q2. Name some of the barriers that prevent people seeking help with their suicidal thoughts.**

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**Q3. What is the meaning of a risk factor?**

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**Q4. What is the meaning of a protective factor?**

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**Q5. What are some of the signs of suicidal behaviour?**

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**Q6. Talking about suicide**

	YES	NO
It is best to ask a person directly if they are feeling suicidal		
You are not there to resolve someone's problems – but to support them in the moment.		
Active listening involves listening to what a person is saying and not talking very much		
Never keep suicide a secret		
It is best to encourage a person to seek professional help		

**Q7. Lists can be a helpful strategy when a person is feeling suicidal. Name 1 type of list**

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**Q8. Name 3 forms of self-care.**

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phone: 0447 0447 84

[www.mentalhealthmanagement.com.au](http://www.mentalhealthmanagement.com.au)

email: [hello@mentalhealthmanagement.com.au](mailto:hello@mentalhealthmanagement.com.au)

Instagram: [@mentalhealthmanagement](https://www.instagram.com/mentalhealthmanagement)