



TODAY'S TOPIC

”The Do’s & Don’ts: When Someone Shares Suicidal Thoughts or Feelings



Compassion Matters

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Suicide Awareness

Being able to talk about and share suicidal thoughts and feelings is one of the most preventative measures. Let's learn to create more safety, space, connection, and compassion for this.

Thoughts and feelings are not actions and repressing them only make them stronger and more likely to turn into actions.

"What you resist not only persists,
but will grow in size. "

-Carl Jung



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The Do's

- Say: Thank you for sharing, what happened to make you feel this way?
- Ask: Do you have intent or plans to take action on these thoughts & feelings? (more on this)
- Open your heart. Breathe into your heart and core.
- Hold space for the person to share and/or to just be supported
- Relax your body, breathe with uncomfortableness, and know that is enough
- If it is your thoughts & feelings, do the same for yourself internally
- Be gentle and kind.
- When in doubt, just ask



The Don'ts

- Don't make it about you
- Don't judge
- Move out of defensiveness, relax your body, & breathe into the tension
- Don't try to fix the feelings or the person
- Don't take it on as your responsibility
Stay curious and connect without taking it all on
- Don't minimize, catastrophize, or overreact

If you do any of these things,
forgive yourself, take
accountability, and repair
with the person (or yourself)



Support

If the person, or you, say yes to the question of having intent or plans:

- Together, or help the person connect with - call, text, or chat - a suicidal crisis line (988)
- Do you need, or are you willing, to go to a hospital to protect and support you through this?
- Do you have a Safety Plan? If yes, talk about how they can take steps. If not, can we create some steps and actions together?
- Express that you do not want them to be alone while they have intent or plans and help them come up with a doable solution to not being alone
- If all else fails, call the police or someone close, to do a safety check





**“The bravest thing I
ever did was continue
my life when I
wanted to die.”**

— Juliette Lewis



Make the Changes You Want to See in the World

Educate yourself. <https://save.org/>

Compassion heals. <https://self-compassion.org/>
<https://greatergood.berkeley.edu/>

Make a safety plan

<https://www.verywellmind.com/suicide-safety-plan-1067524>

