

# Help prevent suicide in 6 STEPS

- 1 **Explore how people are feeling:** have they had any thoughts of wanting to harm themselves?  
Take all suicidal thoughts seriously
- 2 **Offer support** in developing a safety plan to stay safe from suicide at [stayingssafe.net](https://stayingssafe.net). Encourage them to download the 'Stay Alive' app
- 3 **Remove access to means of lethal self-harm** where possible, and ensure safe storage and prescribing of medication to reduce risks associated with overdose. Share our leaflet on the safe management of medication, also available on our website
- 4 Review and **update existing support mechanisms or safety plans** – are these resources still accessible/open now?
- 5 **Encourage people to talk to** someone they trust
- 6 **Share telephone numbers** of services that can offer support e.g. Samaritans (116 123) or our mental health support line (0800 028 0077)

SMALL STEPS. BIG DIFFERENCE.

