

WE KNOW

HUMAN RESOURCES

Suicide Intervention Quick Guide

QUICK GUIDE

If harm to self and/or others is occurring or about to occur activate emergency response.

Safety First Hints

- Be familiar with help in your community – see resources
- Tell the person why you believe there is a need for an emergency or monitoring response
- Involve them in seeking help if possible
- Use the least forceful action that is consistent with safety
- Talk to the person while waiting for help to arrive
- Confirm that emergency or monitoring response did occur

Ask the person at risk

- If there is a suicide plan and how can it be disabled safely?
- If there are alcohol, drug and/or medication concerns, what is needed for safe/now use?
- If there was prior suicide behaviour, what have you learned that might help you keep safe for now?
- If there are mental health concerns, what have you learned that might help you keep safe for now?

Disabling a suicide plan

- Ask about how they have planned or prepared and how soon – consult help in your community
- Ask if willing to have plan disabled, remember that informal supports can help; explain the situation to them. Seek advice if they aren't.
- Police will take guns, pharmacists will take pills.

Prior Suicide Behaviour/Mental Health Concerns

- Make appointment with Doctor as soon as possible
- Reconnect with safety supports
- Build on anything positive for safety but be realistic
- Where possible decide with the person at risk if there is a need for important situational changes which is doable now and if support is needed, who is available?

Community Resources

NATIONAL DIRECTORY		
Family & Community Services National Directory	0800 211 211	
MYRIVR App Download App	www.myrivr.co.nz	Free on-line directory
FOR COUNSELLING AND SUPPORT		
Need to Talk	Free call/TEXT 1737	
Life Line	0800543 345 (0800LIFELINE)	For counselling and support
Samaritans	0800 726 666	For confidential support for anyone who is lonely or in emotional distress
Depression Helpline	www.depression.org.nz 0800 111 757 TEXT 4202	To talk to a trained counsellor about how you are feeling or to ask any questions
Healthline	0800 611 116	For advice from trained registered nurses
FOR CHILDREN AND YOUNG PEOPLE		
Youthline	0800 376 633 TEXT 234 talk@youthline.co.nz	Or webchat at www.youthline.co.nz (webchat available 7pm – 11pm) for young people and their parents, whanau and friends
What's Up	0800 942 8787	(0800 WHAT'S UP) or web chat at www.whatsup.co.nz from 5pm – 10pm for 5-18 years old
Kidsline	0800543 754 (0800 Kidsline)	(0800 KIDSLINE) for young people up to 18 years of age
www.thelowdown.co.nz	TEXT 5626	For support for young people experiencing depression or anxiety
www.sparx.org.nz	0508 4 SPARX (0508 477 279) Free text to 3110	An on-line self-help tool that teaches young people the key skills needed to help combat depression and anxiety
FOR HELP WITH SPECIFIC ISSUES		
OUTline	0800 688 5463	For sexuality or gender identity issues (10 am – 9 pm) Monday to Friday and 6pm – 8pm weekend)
Alcohol & Drug Helpline	0800 787 797 Free TEXT 8681	For people dealing with alcohol or other drug problems

Problem Gambling Helpline	0800 654 655 Free TEXT 8006	For people dealing with gambling concerns
Victim Support	0800 842 846 www.victimsupport.org.nz	To help victims of serious crime and trauma who are dealing with the worst time of their lives
Women’s Refuge Crisis Line	0800 733 843	For women living with violence, or in fear in their relationship or family
Shakti	0800 742 584	For migrant or refugee women living with family violence
Rape Crisis	0800 883 300	For support after rape or sexual assault
Skylight	0800 299 100	For support through trauma, loss and grief (9am – 5pm weekdays)
Supporting Families in Mental Illness	0800 732 825	For families and whanau supporting a loved one who has a mental illness
Common Ground	www.commonground.org.nz	A central hub providing parents, family, whanau and friends with access to information, tools and support to help a young person who is struggling
Mental Health Foundation	www.mentalhealth.org.nz	For more information about supporting someone in distress, looking after your own mental health and working towards recovery
After a Suicide	www.aftersuicide.nz	A website offering practical information and guidance to people who have lost someone to suicide
Plunket Line	0800 933 922	Support parents, including mothers experiencing post-natal depression
Rural Support	0800 787 254	For people in rural communities dealing with financial or personal challenges
Refugees as Survivors	0800 472 769	Psychological support for refugees and asylum seekers
Anxiety Helpline	0800 269 4389	Anxiety
MENTAL HEALTH CRISIS TEAM		
Christchurch 0800 920 092	Ashburton 0800 222 955	Greymouth 0800 757 678

Timaru 0800 277 997	Marlborough 03 520 9907	Otago 0800 467 846
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