



REMEMBER...

1. You are the right person for the young person to speaking to in that moment
2. Listen, switch your active listening skills on and hear the young person out
3. Take your time, slow the discussion down, don't rush to 'solve the problem'
4. Use resources to engage the young person and work collaboratively with them to explore ways forward

HAVE YOU CONSIDERED?

- Psychological wellbeing is a shared agenda, who else could help?
- A safety plan that can be shared at home and with other school staff
- A resilience plan to support the young person

ASSESS, APPROACH & ASK ABOUT SUICIDE

ASK THE YOUNG PERSON ABOUT YOUR CONCERNS AND ASSIST WITH ANY CRISIS THEY ARE EXPERIENCING

LISTEN NON-JUDGEMENTALLY

LISTEN BEFORE OFFERING OPTIONS AND RESOURCES- DO NOT TRY TO PROBLEM SOLVE

GIVE SUPPORT & INFORMATION

GIVE REASSURANCE, EMOTIONAL SUPPORT, HOPE AND PRACTICAL AND APPROPRIATE INFORMATION

ENCOURAGE APPROPRIATE PROFESSIONAL HELP

OFFER TO ASSIST THE YOUNG PERSON IN GETTING THE HELP THEY NEED

ENCOURAGE OTHER SUPPORT

ENCOURAGE SEEKING SUPPORT OF FAMILY, FRIENDS & OTHERS AS WELL AS RECOMMENDING RESOURCES

HELPLINES

NSPCC 0808 800 5000 [nspcc.co.uk](https://www.nspcc.co.uk)

Childline 0800 1111 [childline.org.uk](https://www.childline.org.uk)

YoungMinds 0808 802 5544 [youngminds.org.uk](https://www.youngminds.org.uk)