

## Be Suicide ALERT prompt sheet

<b>ASK</b> if you think someone may be thinking about suicide.	We want to know from these stages if a person is feeling suicidal, if they have a plan, if they have the means to carry out the plan and if they are at immediate risk (or if anyone around them might be).
<b>LISTEN</b> carefully to what the person is saying.	
<b>ENCOURAGE</b> them to talk further.	
<b>What action do you take RIGHT NOW?</b>	
1. No suicidal thoughts or behaviour.	Information/Resource signpost if required; <a href="#">Adult Mental Health Helplines and Websites - NHSGGC</a>
2. Experiencing suicidal thoughts or behaviour but do not have a plan to end their life.	GP, Breathing Space, Samaritans, Stay Alive App <a href="#">StayAlive - Essential suicide prevention for everyday life</a> or <a href="https://stayingssafe.net/">https://stayingssafe.net/</a>
3. They have a plan to end their life, but no means or do not intend on using the means at present.	<b>Encourage the person to phone NHS 24 on 111 or arrange an appointment with their GP</b> <a href="#">Adult Mental Health Helplines and Websites - NHSGGC</a>
4. They are at immediate risk of ending their life or others are at risk.	<b>Emergency services – A&amp;E or call 999</b>
<b>TALK</b> to someone.	It's important you identify who you can talk to if you have been speaking with someone who is suicidal. That may be a manager, colleague, friend or calling Breathing Space or Samaritans.

### Support from GP

GPs can support their patients and discuss whether medication or referral to other more specialist support services might be helpful. NHS 24 Mental Health Services can provide advice out of hours when the GP practice is closed, call 111 to access this service.

**Samaritans: 116 123** (24hrs/day) Calls are free. Email [jo@samaritans.org](mailto:jo@samaritans.org)

Provide confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide. [www.samaritans.org](http://www.samaritans.org)

### Breathing Space: 0800 83 85 87

(Mon–Thurs: 6 pm–2 am, Fri: 6 pm–Mon 6 am) Calls are free. A free and confidential helpline for anyone experiencing low mood, anxiety or depression, or who is unusually worried and needs someone to talk to; there is also a webchat service available; <https://breathingspace.scot/>

**SHOUT: Crisis text line 85258** (24 hours, every day). Texts are free.

**Stay Alive App:** Download the free App on the App Store or Google Play. The App is packed full of useful information and tools to help you stay safe in a crisis. [StayAlive - Essential suicide prevention for everyday life](#)

**Staying Safe Website:** If you're struggling and you're not sure if you want to live or die, can you, just for now hold off making this decision and keep read the information and watch the videos for some ideas about how to get through. There may be things that you - and other people - can do to make things better. <https://stayingssafe.net/>

**Useful Mental Health supports for young people;** [Who to Contact for Mental Health Support – Young Scot](#)