

Talking about Suicide Prevention on the Radio or at an Event

Talking about suicide will not cause someone to become suicidal or increase the risk of suicide. In reality, speaking about suicide and suicide prevention in general terms can help break the isolation of people who are feeling suicidal. However, when talking about suicide we should also be respectful of people that have been affected by loss.



Here are some guidelines to talk safely about suicide & suicide prevention:

- **Provide hope:**
 - Suicide is preventable.
 - Most people who attempt suicide want to live, but in the moment they are overcome with emotional pain.
 - Help and treatment are available for people who are suffering.
 - Recovery is possible. Circumstances will change, and the pain will lessen.
- Inform people about the **warning signs** for suicide. These include:
 - talking about hopelessness, unbearable pain, being a burden to others, or wanting to die.
 - sudden changes in behaviour (withdrawal, or sudden improvement in mood)
 - reckless or risky behaviour.
 - depression (feeling sad, hopeless, and loss of interest in daily activities).
 - Making final arrangements, such as giving away belongings.
 - If someone is feeling suicidal, alcohol can increase their risk.
- Talk about the **importance of seeking help**.
- Always provide information about where to get help (social services, help lines).

When speaking about suicide prevention, avoid talking about specific people who died by suicide. However, if you do need to commemorate a person who died by suicide, here are some guidelines:

- Do not try to find a specific cause for suicide, such as a break-up, abuse, financial problems, or legal problems. In reality, most suicides are caused by many factors, such as mental illness, drug or alcohol use, and stressful life events.
- Do not describe the methods used to die by suicide.
- Avoid presenting someone who dies by suicide as a role model.
- Mention the grief felt by their family and friends.