

LET'S KEEP TALKING

NHS

Lancashire and South Cumbria Integrated Care Board

Creating hope through language

Why? Research shows:

- The words we choose matter....Language is powerful!
- Talking about suicide can help protect someone
- Non-stigmatising, compassionate language is important

Alongside the language, remember:

- Don't avoid conversations through worry you'll say the wrong thing
- Show you are listening
- Find a quiet place without disturbances
- Try not to cut the conversation short
- It's ok to slip up from time to time

You can find out more information at:

<https://www.lancashireandsouthcumbria.icb.nhs.uk/our-work/mental-health/support/suicide-prevention>

<input type="checkbox"/> Say	Died by suicide, lost their life to suicide, took their own life.	<input type="checkbox"/> Say	Died by suicide, fatal suicide attempt.
<input type="checkbox"/> Avoid	Commit/committed suicide.	<input type="checkbox"/> Avoid	Successful or completed suicide.
<input checked="" type="checkbox"/> Outcome	The word 'commit' could imply suicide is a sin or crime.	<input checked="" type="checkbox"/> Outcome	It can frame a very tragic outcome as an achievement or something positive.
<input type="checkbox"/> Say	Suicide attempt, survived a suicide attempt.	<input type="checkbox"/> Say	...is thinking of suicide, ...is feeling suicidal, ...is experiencing suicidal thoughts or feelings.
<input type="checkbox"/> Avoid	Failed or unsuccessful suicide attempt.	<input type="checkbox"/> Avoid	...is suicidal.
<input checked="" type="checkbox"/> Outcome	Failed or unsuccessful can imply the opposite would be a positive outcome.	<input checked="" type="checkbox"/> Outcome	Helps to avoid defining someone by their experience with suicide.
<input type="checkbox"/> Avoid	...is feeling suicidal because of/ took their own life because...	<input type="checkbox"/> Avoid	Cry for help.
<input checked="" type="checkbox"/> Outcome	The reasons for someone thinking of or taking their own life are complex so it is important not to speculate.	<input checked="" type="checkbox"/> Outcome	Suicide attempts must be taken seriously. Describing an attempt as 'cry for help' dismisses the intense emotional distress someone is experiencing.
<input type="checkbox"/> Say	Are you having thoughts of suicide?/are you feeling suicidal?/have you been thinking about killing yourself?		
<input type="checkbox"/> Avoid	You're not going to do anything silly are you?/Are you thinking of ending it all?/You're not going to top yourself are you?		
<input checked="" type="checkbox"/> Outcome	This is to show that you are prepared to talk about suicidal thoughts and feelings and take it seriously. It's important to be direct. Using the word suicide shows people you are ok with them talking about it too and that you are there to listen.		

Resources:

<https://shiningalightonsuicide.org.uk/wp-content/uploads/2021/04/Language-guide-for-talking-about-suicide.pdf>
https://www.researchgate.net/publication/333390095_Language_Use_and_Suicide_An_Online_Cross-Sectional_Survey
https://www.researchgate.net/publication/237011391_Suicide_and_Language_Why_we_shouldn't_use_the_C_word
<https://psycnet.apa.org/record/2021-22428-001>
https://media.samaritans.org/documents/Samaritans_Media_Guidelines_UK_Apr17_Final_web.pdf

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https://media.samaritans.org/documents/Samaritans_Media_Guidelines_UK_Apr17_Final_web.pdf