**Suicide Conversation Tool Template**

All conversation prompts are written in **bold blue font.**

Take your time. **Read the section first before asking the questions.**

### **If there is an immediate threat to life**

At any point during this conversation, if you think that there may be an immediate threat to life, complete the following actions:

* Seek support from a manager by *(detail internal process for seeking support).*
* A manager will contact you urgently *(detail internal process)* to take the name of the person and call 999 on your behalf.
* Try to keep the person on the phone/within sight and provide the manager with as much information as possible (e.g. location, clothing).
* You do not need to continue with the remainder of the Suicide Conversation Tool if not appropriate.

## Opening Conversation Prompts

**I'm glad you felt able to share these thoughts with me / Thank you for sharing those thoughts with me.**

**It sounds like things are really hard at the moment / You are experiencing some difficult thoughts at the moment.**

**Would it be ok if I asked you some more questions about these thoughts? It will help me to get the right support in place for you, if needed.  
  
Some of these questions might not feel relevant for you, but please answer as honestly as you can.**

## Confidentiality Reminder

**If you have not already spoken about confidentially during the conversation, discuss this before completing the Suicide Conversation Tool.**

Just a reminder of how confidentiality works in (organisation). What you share with me will stay private and won’t be discussed outside of this service. However, there are a few situations where I might have to share what you have told me with other professionals- mainly if I am worried about your safety or someone else’s. This is to make sure that you have the right support. I’ll almost always talk to you about that first before I share anything. Do you have any questions about that?

## The Questions

* These questions can help guide a conversation with someone who is having thoughts of suicide.
* You don’t have to ask every question or follow them in order. This is just a guide to help you.
* Trust your judgment. If someone has already answered something, you don’t need to repeat similar questions.
* Make sure to record their answers.

1. Are you currently having (or recently had) thoughts about ending your life? **Yes/No**

If the person answers yes, **‘what thoughts have you been having?’**

1. **Have you made a plan of how to end your life?** (This could include deciding on a method/place/time) **Yes/No**

If yes, **‘what plans have you made?’**

1. **Have you made any preparations or taken any action towards ending your life?** (This could include writing goodbye letters, stock-piling medication, arranging finances) **Yes/No**

If yes, **‘what preparation have you made?’**

1. **Do you have access to the means to end your life?** (This could include having access to medications etc) **Yes/No**

If yes, **‘what do you have access to?’**

### If there appears to be an immediate threat to life, follow the actions at the top of page 1

1. **Have you made any previous attempts to end your life?** **Yes/No**

If yes, ‘**can you tell me more about this?**’ (when it was and what happened)

1. **Do you have any contact with mental health services at the moment?** **Yes/No**

If yes, **‘Please can you tell me the details you have for any professionals or teams you are in contact with’.**

1. **Is anyone else aware that you have been thinking about suicide?** **Yes/No**

If yes, **‘who else knows that you’ve been thinking of suicide?’**

1. What, if anything, is stopping you from acting on the thoughts of ending your life at the moment?
2. **Do you have a safety plan to follow? Yes/No**

If yes, **‘Where is your plan?’ ‘How would you feel about looking at it, and following some of the steps on your safety plan?**

If no, **‘A safety plan is a tool to help to keep you safe. It can help you to manage thoughts of suicide. It is personal to you.**

**Someone can help you to create the plan, but you’re the one who decides what goes into it, and what might work for you.**

**I can send you some information about making a safety plan, if you would like me to?**

**To get started, how would you feel about thinking of things that might help to keep you safe whilst you wait for a professional to get in touch? This could be things like talking to someone, listening to music, or getting some fresh air.’**

**Next Steps**

* Let the person know that there is help available.
* Explain that you’ll speak with a manager to work out the best way to support them.
* Let them know they will receive a text message and email with useful information, including who to contact if they feel unable to stay safe.

**Important information**

* Document all actions taken to support the person. This includes all actions that you and your supporting manager have taken.
* This conversation may have been difficult for you. Ensure that you seek support.