

# Face to Face Suicide Conversation Tool Prompt

## Ask for permission to explore

Advise the person that you would like to ask them some more questions about how they are feeling to make sure they have the right support in place/see if you can help. Encourage the person to answer as honestly as they can. Let them know that some of the questions might not seem relevant.

## Confidentiality

Remind the person of the organisation's confidentiality statement, if you haven't already talked about this during the conversation

## Questions to ask the person

- Have you made a specific plan of how to end your life?
- Have you made any preparation or taken any action towards ending your life?
- Do you have access to the means to end your life?
- Do you have contact with mental health services at the moment?
- Is anyone else aware that you have been experiencing thoughts of suicide?
- What, if anything, is stopping you from acting on the thought of ending your life at the moment?

## Do you have a safety plan in place?

- **If Yes** – encourage the person to engage with their safety plan
- **If no** – explain that a safety plan is a practical tool to help keep you safe when you are feeling distressed. Encourage the person to think about activities they can do/people they can speak with to help them stay safe whilst they are awaiting further support.

## Advise & Reassure

- Reassure the person e.g. these feelings will pass, there is hope things will get better, there is help available
- Provide the person with appropriate resources
- Advise the person that we will be in touch with any further support available.

