Do you know someone who might be considering suicide?

It's helpful to know that

· It's okay to ask the person whether they are considering suicide.
· Asking about suicide does not provoke the act of suicide.
· It can be helpful to the person to feel that someone is willing to listen and understand.
·We can help by being aware of warning signs.

Examples of warnings signs

· Talks about taking their own life.
· Says things like "No one will miss me".
· Looks for ways to kill oneself, such as seeking access to pesticides, firearms or medication.
· Searches online for means of taking one´s own life.
· Says goodbye to loved ones and relatives, gives away their valuables or writes a will.

What can you do?

· Find a suitable time and place to talk about suicide with the person you are worried about. Let them know you are there to listen.
· Encourage them to seek professional help, e.g. a psychologist, a doctor, a psychiatric nurse or a social worker. You can also offer to go with them to meet a professional.
· Get help and advice from online counselling at heilsuvera.is, 1717.is or Píeta helpline tel: 552-2218.
· If the person you worry about lives with you, try to ensure that he or she does not have access to hazardous substances/objects (such as medication or sharp objects).
· If the person does not live with you, try to contact them regularly to follow up on how they are feeling and encourage them to get professional help.
· If you think there is an imminent danger, do not leave the person alone. Seek help at tel: 1717, the emergency unit of the psychiatric division at Landspítali Hospital, tel. 543-1000, the emergency unit of the psychiatric division of Akureyri Hospital, tel. 463-0802, or call Emergency Services, tel: 112.

It is important to remember that no one is responsible for the lives of others. It can be difficult to worry about the wellbeing of loved ones. If your worries affect your wellbeing, seek help from professionals, a healthcare center, 1717 or Píeta.