

DO'S	DON'TS
<p>Remember suicide <u>does not</u> discriminate.</p> <p>It affects people of every age, race, gender, sexual identity, culture & socioeconomic background.</p> <p>Including ourselves. Be sure to take time to check-in and care for yourself.</p>	<p>Don't assume 'one-size-fits-all'</p> <p>No one thing makes someone suicidal. While we can use a general framework to respond, <i>each situation is unique.</i></p>
<p>Be clear about your <u>role</u> and your <u>goal</u></p> <p>Ask yourself:</p> <ul style="list-style-type: none"> • <i>What is your goal? Is it prevention, intervention or postvention?</i> <p>Recognize the limitations of each.</p> <p>Use a clear model to respond.</p>	<p>Don't focus on 'saving' someone's life</p> <p>Keep expectations realistic.</p> <p>Stay in the backseat, not the front.</p> <p>You don't save another person's life, you help them get through a moment.</p>
<p>Talk <u>directly</u> about suicide</p> <p>AVOID euphemisms.</p> <p>It's ok to use the word 'suicide'.</p>	<p>Don't let <u>stigma</u> stop you from offering support</p> <p>Be aware of overt + covert influences.</p> <p>Acknowledge your own biases + fears.</p>
<p>Focus on <u>now</u> + the person you are talking to, not yourself.</p> <p>Use active listening tools.</p> <p>LISTEN > TALK</p> <p>Prioritize the person by focusing on the process, not the outcome.</p>	<p>Resist placing procedures over people.</p> <p>To support ≠ to solve.</p> <p>Be aware of your 'agenda' in helping.</p> <p>Don't just check boxes off a list</p> <p>Balance privacy with safeguarding concerns.</p>



Throughout the course, complete the checklist to serve as your personal guide for "best practices," course corrections, and reminders. Use it to identify and emphasize the approaches, tools, and phrases that work best for you, and to be mindful of those that don't.

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