

SUICIDE PREVENTION TOOLBOX

FOR
RELATIVES



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For the loved ones of men going through a difficult time, **it is important to identify suicidal ideation and the signals that your friend, brother or father might be passing on, sometimes in subtle ways.** The loved ones of suicidal men may also experience discouragement, exhaustion and even a certain depression regarding the situation of a person with suicidal thoughts. This is because the support offered can be long and complicated, and they may lack the tools to support their loved one. That's why we need to pay attention to them too.





BEING VIGILANT

What are the signs of suicidal distress? What are the risk factors to watch out for?



EXHAUSTION, FATIGUE, ANGER, FATALISM, SADNESS, DEPRESSION, POWERLESSNESS



BEING IN A 24/7 CAREGIVING SITUATION (E.G., A SPOUSE WHO LIVES WITH THE PERSON AT RISK OF SUICIDE AND LOOKS AFTER THEM ON A DAILY BASIS)



NO BOUNDARIES, HYPERVIGILANCE



FEELING OVERWHELMED BY THE SITUATION, COMPASSION FATIGUE, FEELING DEMOBILIZED



HOPELESSNESS (E.G., "I CAN'T DO IT ANYMORE")



SENSE OF INCOMPETENCE



SENSE OF RESPONSIBILITY AND/OR GUILT



SUICIDAL TALK



HOSPITALIZATION



RECOGNIZING VULNERABLE EVENTS:

- Significant loss for both male and female family members (e.g. job, spouse, death, etc.)
- Neglecting to take care of themselves



ELEMENTS TO EXPLORE

1. Recognizing signs of distress
2. Welcoming distress (active listening, validation, empathy, highlighting strengths)
3. Check for suicidal ideation
4. Encouraging help-seeking (such as a suicide prevention centre, crisis centre, psychologist, emergency service, etc.)
5. Creation of a safety net (family, loved ones and professionals as needed)
6. Equipping loved ones (e.g. educating them about the signs of distress, steps to better support the person at risk of suicide, providing information, etc.)
7. Designing and evaluating a needs-based plan with the individual on an ad hoc basis



Exploring if there is any planning (and imminence) of a suicidal act

EMPATHY AND ACTIVE LISTENING TO NURTURE HOPE

What are the best practices for reaching out to loved ones, listening to them and inviting them to ask for help?

- Empathy, appreciation, encouragement, paying attention to their sense of competence
- Value taking care of them
- Encourage loved ones to talk about themselves, without ignoring the person at risk of suicide in their environment
- Emphasizing the power of reaching out for help
- Ensure that the caregiver understands the limits of their role and abilities (normalization)



SUPPORT

What are the best practices for inviting them to use the resources?



PSYCHOEDUCATION (E.G., DESCRIBING THE STEPS INVOLVED IN SEEKING HELP, EXPLAINING HOW SERVICES WORK, ETC.).



FIND PHYSICAL ACTIVITIES OR ACTIVITIES THAT ENCOURAGE MOVEMENT



IDENTIFY OTHER FAMILY MEMBERS WHO COULD GET INVOLVED



PROTECTING THEMSELF

What protective factors can be put in place to reduce risky behaviours? What would an action plan or safety plan look like for a caregiver?

1. Talk, don't be alone
2. Mobilize other caregivers for respite
3. Contact resources for men
4. Reinforce the protective elements named by the person
5. Reduce or eliminate dangerous elements identified by the individual



Useful resources

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