



# Help give hope

## Suicide is preventable.

The reasons people attempt to take their own life are complex and there can be many contributing factors. We can all play our part in preventing suicide by learning how to identify when people need support, and speaking up when we need help.

To understand how to prevent suicide, we need to know what puts people at risk (risk factors), what we can do to protect people from these risks (protective factors) and how to recognise and respond to warning signs.

## Risk and protective factors

Risk and protective factors can be influenced by many things, including people's individual characteristics, friendships, mental health, family relationships, employment situation, or their home, school or work environment.

Examples of risk factors for Pasifika communities	Examples of protective factors that improve our ability to cope
Poor mental and/or physical health.	Social connectedness.
Exposure to violence, trauma or abuse.	Secure cultural identity.
Failure to meet unrealistic expectations.	Spirituality.
Conflict about sexual identity.	Church participation.
Unemployment.	Supportive family.
Alcohol and drug misuse.	Problem solving skills.
Intergenerational misunderstandings.	Access to support and help.
Sense of shame.	Self-esteem and a sense of belonging.
Relationship problems.	Meaningful contribution.

## Warning signs

Someone who is thinking about suicide may show warning signs. Suicide warning signs could be a cry for help and they can give family, friends and health professionals a chance to intervene and potentially prevent the suicide from happening.

The risk is greater if the behaviour is new, more frequent or related to a painful event, change or recent major loss. Here are some warning signs to look out for.

- ✘ Increased use of alcohol or other drugs.
- ✘ Feelings of rage, revenge, disappointment, sadness, hurt, in trouble and trapped (no way out).
- ✘ Expressing feelings of being trapped, like there's no way out.
- ✘ Abnormal sleep patterns - not sleeping or sleeping all the time.
- ✘ Giving away possessions or saying goodbye to family or friends.
- ✘ Saying they have no reason for living or have no purpose in life.
- ✘ Sense of helplessness, hopelessness, loneliness, worthlessness, guilt, shame and self-hatred.
- ✘ Talking about unbearable pain, saying things like "I am in pain", "I am being a pain" and "I want to end the pain".
- ✘ Talking or writing about "being better off dead", death or suicide.
- ✘ Acting recklessly, giving away valuables and not being their "usual self".
- ✘ Withdrawing from family and friends, isolating themselves.
- ✘ Seeking access to means of suicide such as pills or weapons.
- ✘ Suicide notes, threats and earlier suicide attempts.
- ✘ Anxiety, depression or dramatic changes in mood.



## Conversations matter

- ✘ One way to really know if a person is thinking about suicide is to ask them.
- ✘ Asking someone about suicide in a supportive way will not put them at greater risk of suicide.
- ✘ Some people are relieved when other people reach out and start the conversation about suicide.
- ✘ If we discuss suicide in the right way, we can actually reduce the risk.
- ✘ Talking about suicide in the right way increases our understanding and reduces stigma.
- ✘ Having a conversation about suicide encourages us to seek help.

## Your five steps to helping

- 1 Start a conversation. This can happen anywhere with reasonable privacy.
- 2 In a caring and respectful manner ask if they are thinking about suicide.
- 3 Listen carefully and without judgment.
- 4 If they say they are thinking about suicide, take them seriously.
- 5 Get help and give hope - give the person hope that help is available, that they have not always felt this bad, and that with the right help it is possible they could deal with their problems and feel better in the future. Use the numbers on this pamphlet.

## GET HELP

### In an emergency call 111

Contact your nearest hospital emergency department, local general practice or local mental health crisis service.

### Suicide prevention information for Pasifika

Visit the Le Va FLO Suicide Prevention Knowledge Bank: [www.flopasifika.co.nz](http://www.flopasifika.co.nz)

### Free health advice when you need it

Call Healthline on 0800 611 116 (24 hours, 7 days a week) or visit [www.healthline.govt.nz](http://www.healthline.govt.nz)

### If you need to talk or help someone else...

#### Lifeline

0800 543 354  
[www.lifeline.org.nz](http://www.lifeline.org.nz)

#### Depression Helpline

0800 111 757  
[www.depression.org.nz](http://www.depression.org.nz)

#### Suicide Prevention Helpline (TAUTOKO)

0508 828 865  
(12 noon to 12 midnight, 7 days a week)

#### What's Up Helpline

0800 942 8787  
(5-18 year olds, 1pm-11pm)  
[www.whatsup.co.nz](http://www.whatsup.co.nz)

#### Kidsline

0800 54 37 54  
(up to age 14, 4pm-6pm weekdays)  
[www.kidsline.org.nz](http://www.kidsline.org.nz)

#### LGBTIQ - OUTlineNZ

Confidential telephone support for sexuality or gender identity issues.  
0800 688 5463  
[www.outline.org.nz](http://www.outline.org.nz)

#### The Lowdown

Free txt 5626  
[www.thelowdown.co.nz](http://www.thelowdown.co.nz)

#### Youthline

Free txt 234  
0800 376 633  
[talk@youthline.co.nz](mailto:talk@youthline.co.nz) or  
[parentalk@youthline.co.nz](mailto:parentalk@youthline.co.nz)  
[www.youthline.co.nz](http://www.youthline.co.nz)

#### Netsafe (txt/cyber bullying)

0508 638 723  
[queries@netsafe.org.nz](mailto:queries@netsafe.org.nz)  
[www.netsafe.org.nz](http://www.netsafe.org.nz)

