

When a Person is Anxious Communication is Affected

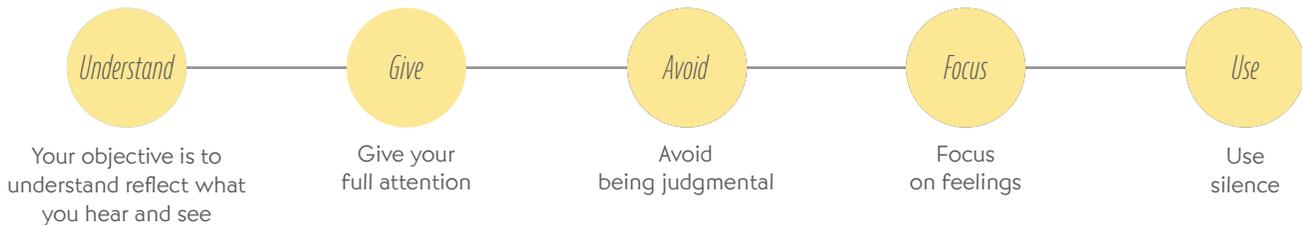
- Feeling suicidal creates anxiety.
- The more anxious a person is, the less likely they will be able to process logically.
- As a person gets anxious, they begin automatically cueing in on how you say things (para-verbal) and what you are doing (non-verbal).
- Communicating effectively with someone under stress requires focus on delivering our message congruently: stance, facial expressions, rate, tone, and volume need to be consistent.

Language Matters

What we say...How we say it

Died of / by Suicide vs. Committed Suicide
Suicide Death / Attempt vs. Successful / Unsuccessful
Describe Behavior vs. Manipulative / Attention Seeking
Describe Behavior vs. Suicide Gesture / Cry for Help
Diagnosed with vs. They're a Borderline / Schizophrenic
Working with vs. Dealing with Suicidal Patients

Effective Listening Strategies for De-escalation



Create a Shared Perspective

| <i>Remember</i> | <i>Your Task</i> |
|---|---|
| Suicidal thinking makes sense to the person | LISTEN, VALIDATE, SHARE you know this state of mind is not what has to persist |
| Suicidal ideation is intense pain from loss of self-respect | Assist in seeing the person is "stuck" in trying to escape the pain |
| The suicidal person is unable to visualize any way to feel better | Help them to see their thinking is understandable with all they are going through |
| Each person's pain is unique | Create safety for the person to share about their suicidal thoughts |

Create a Safety Plan

Warning signs to be aware of...
Internal Coping Strategies...
People and social setting distractions...
People to ask for help...
Professionals/agencies to contract in crisis...
Means restriction...

ONE THING THAT MAKES MY LIFE WORTH LIVING IS...

Your Self Care Routine, Self Care is Important

Self care comes first *Take care of yourself*
Be yourself *Love yourself*
Take care *Make yourself a priority*