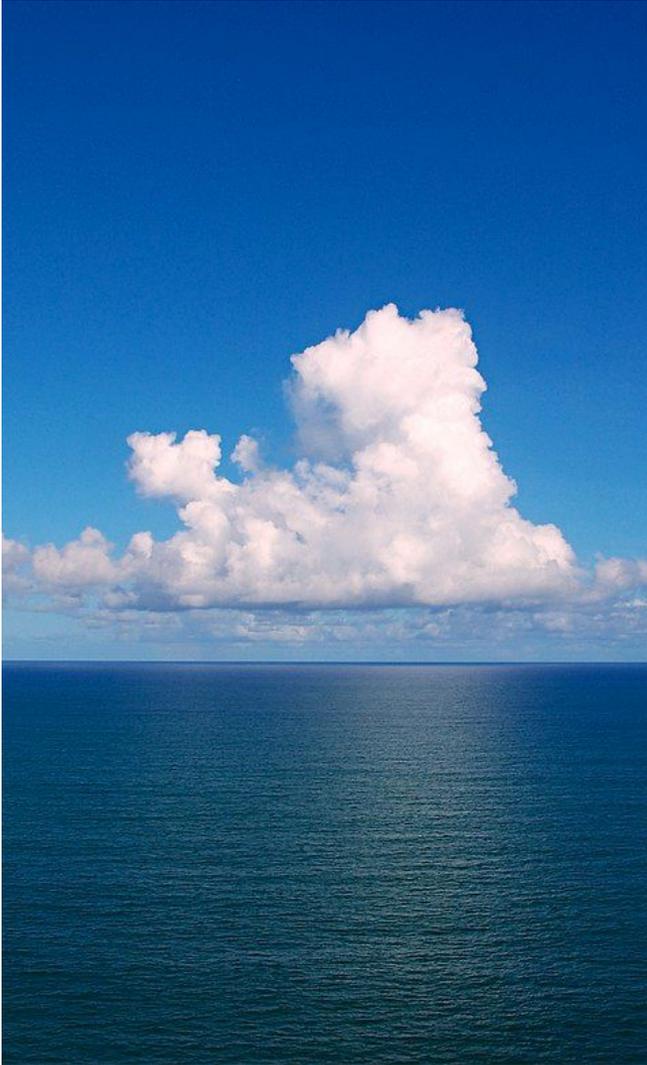


# ORACLES

## 7 Steps and Tips Supporting Suicide Prevention

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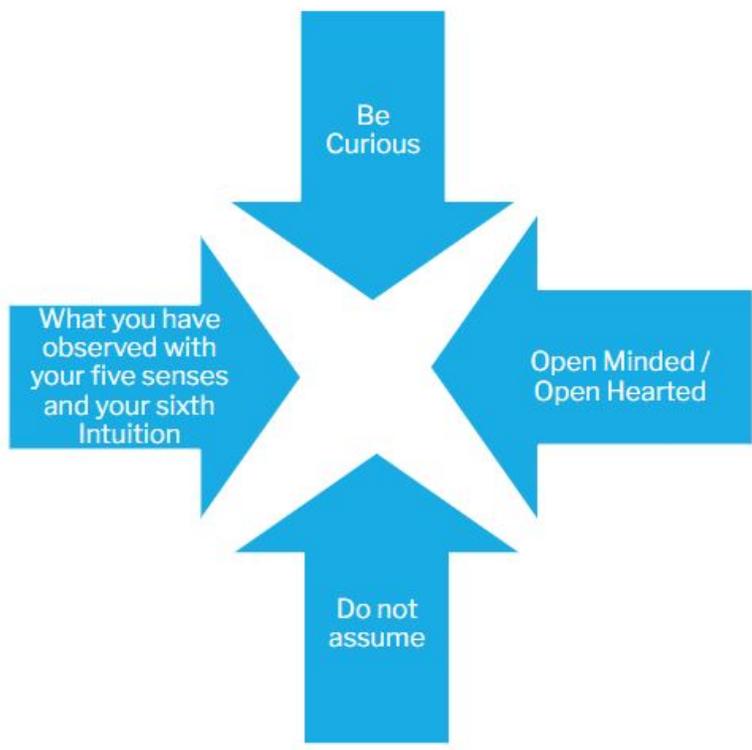
# Spirit of the Session

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## Challenge & Safety

- ✓ Confidentiality
- ✓ Safe space to explore self and self-care
- ✓ Thumbs up or write in the chat
- ✓ Respect the differences in the room/s
- ✓ Experiential
- ✓ From intellect to intuition
- ✓ Engagement with the issues and feelings raised
- ✓ Informal and Interactive
- ✓ Be responsible for one's own sharing & learning

# 1. OBSERVE



## 2. REFLECT



Reflect back what you have observed



Language you have heard



What you have seen



What your intuition has told you



# Reflections and Questions



## 3. ASK

- ✓ Be Curious
- ✓ Be Compassionate & Gentle
- ✓ Be Courageous and Fearless
- ✓ Be Detached and Heartfelt
- ✓ Stay Calm – do not worry or panic
- ✓ Ask questions clearly and without confusion
- ✓ Draw on your observations and reflections



**ARE YOU Thinking ABOUT SUICIDE ?**

# 4. CARE

## Compassion



Compassion motivates people to go out of their way to help the physical, mental, or emotional pains of another and themselves. Compassion is often regarded as having sensitivity, which is an emotional aspect to suffering

“It is as it is”. The pain is real for the person who is suffering



## Acceptance

## Respect



To respect is to demonstrate ‘high regard’ for or special attention to something or someone – it is ‘to see anew’

Empathy is the ability to recognize, understand, and share the thoughts and feelings of another person



## Empathy

~ Reflections and Questions



# 5. LISTEN

01

Keep the empathy going **CONNECTED**

02

Actively listen **SILENT** to the person's story

03

Stay with the suffering unless in **Immediate Danger** (this may take time)

04

Keep **Listening**, embodying steps/skills used earlier

**L** = Look interested - get interested  
**I** = Involve yourself by responding  
**S** = Stay on target  
**T** = Test your understanding  
**E** = Evaluate the message  
**N** = Neutralise your feelings

## 6. EXPLORE OPTIONS

- ✓ Follow your intuition
- ✓ Follow any hint of uncertainty
- ✓ Use open questions
- ✓ Explore directions / options for safety
- ✓ Ask about any circles of support they may have
- ✓ Do not force it. Allow options to come from the person, and if there are none, be patient



**Watch Your Attitude**

# Reflections and Questions



# 7. SAFETY

## “SAFETY FOR NOW”

Is what we want to collaboratively achieve

Circles of Support are needed (Toolbox)

So you are not supporting as solo person

Seek mutual agreement for being able to keep safe

Remember that suicide prevention is ...

### “Everybody’s Responsibility”

Responsibility: The ability to respond



# Reflections and Questions

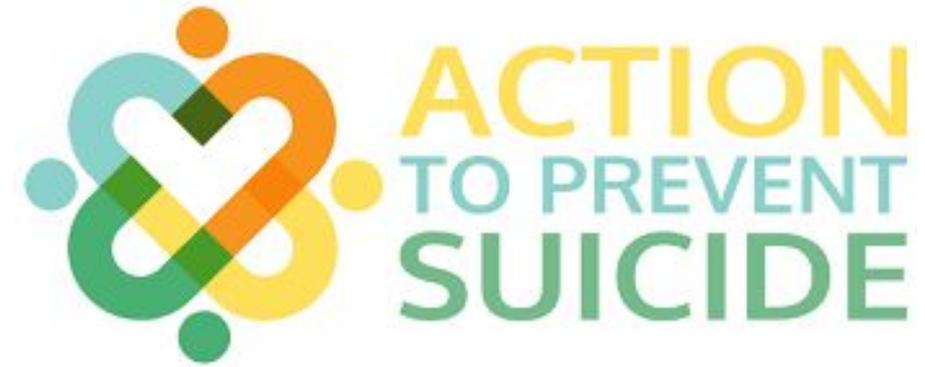


# In Summary



# 'ORACLES'

## The 7 steps of suicide prevention







# Your Oracles

## One word pledge

7 steps / tips in suicide prevention



**The feedback form  
link**

**will be in the chat &  
sent by email**



# 7 STEPS AND TIPS IN SUICIDE PREVENTION

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**Thank you for listening**



# Goodwill in Action To Prevent Suicide CIO



Goodwill in Action To Prevent Suicide CIO

[www.goodwillatps.org.uk](http://www.goodwillatps.org.uk)



Action To Prevent Suicide CIC

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## 7 STEPS AND TIPS IN SUICIDE PREVENTION

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