



The Suicide space

- * A space to discuss Suicide Ideation in young people.
- * What is Prevention and Intervention?

Anoo Bhalay – Holistic Therapist, Suicide Prevention researcher



Trigger warnings & etiquette

- Discussing a ‘preventable’ means of unnatural death can be confusing and uncomfortable. It is important to practice self-care.
- When reflecting on suicide related terminology, it is advisable to momentarily pause if feeling overwhelmed.
- Be mindful that talking about suicide can be energetically draining. You may ask to leave the room with a member of staff.



In 2023, there were 7,055 deaths registered in the UK where the cause was recorded as suicide

[Suicide statistics](#)
[- House of](#)
[Commons](#)
[Library](#)

Suicidology – the study of suicide

Who are some of the people involved in studying/applying theories relative to suicidology?

- Suicidologists
- Psychologists
- Psychiatrists
- Sociologists
- Behavioural therapists
- Mental/Physical Health professionals
- Academics

[The
Suicide
Space](#)





Using mindful terms and Language

- Empathy - are you able to understand?
- Connection – are you able to help?
- Language – are you able to create dialogue in the best way possible?
- How would you feel comfortable?



Using mindful terms and Language

- Empathy – I want to hear what you have to say
- Connection – Will you let me help you?
- Language – died by suicide, feeling suicidal,
- Suicide Bereaved, loss by suicide,



Gender differences?

- Young people are generally reluctant to seek or accept help for any health problem including **emotional irregularity**.
- Males often feel less comfortable than females in talking about their problems or feelings
- Generally, boys and young men are less likely to recognize their own symptoms of depression or seek treatment when they feel bad or low
- While girls and young women are almost twice as likely to suffer from depression, their depressive illness may be less impulsive and violent than depression in boys.



Suicide Ideation – what is it?

To **ideate** is to form an idea, thought or vision of something or someplace

To **ruminate** – is to replay those ideas, thought patterns, feelings everyday, especially when stressed or upset.

Remember: unprocessed emotions get stuck in a loop causing anxiety, **depression** and ideation

[The
Suicide
Space](#)





Over 200 teenagers are lost to suicide every year in the UK.



Over 150 people are directly and indirectly affected by a suicide death.

The bereaved family, friends, community, wider society, population...



Warning signs in young people

- A change in interaction with close friends and family
- Recent rejection or disappointment from a situation e.g. school
- Symptomatic changes physically/patterns e.g. sleep, eating, menstrual
- Noticeable sudden improvement or decline in academic performance
- Bullying issues

[Understanding Teen Suicidal Thoughts](#)



Language as indicators

What are some of the verbal clues that may be communicated or observed in relating to suicide ideation?

I hate myself. I wish I...

If things don't work out, I will...

I won't be here much longer anyway...

No-one will miss me anyway...



Discuss in your groups/pairs how to intervene for someone else?



Ask the question, GOOD friends do not keep secrets – **share** your concerns with a trusted adult.

Listen to the person, acknowledge their emotive language.

Focus on diffusing the immediate 'trauma'

Do not be distracted by external

advice, solutions, suggestions - they are not your focus

Tell an adult/teacher/school counsellor/pastoral



Discuss in your groups/pairs how to intervene for **yourself?**



Seek support, implement **self-care**.

- Joint safety planning is a recommended way to navigate through ideation.
- Reduces the discomfort of shame and pessimism
- Creates a futuristic mindset - set small, realistic goals
- Self-awareness and lifelong learning
- Rumination, requires a re-start. Get into a good sleep cycle, eat well, exercise, drink water
- Normalise speaking to a Counsellor/Therapist

[The
Suicide
Space](#)





Any willingness to accept help at some time, even if in the future, is a good outcome.



Design a Safety Plan giving a few details of:

how/what would help in the case of emotional irregularity, passive ideation, intrusive thoughts.