# Introduction

#### **Purpose of the research**

The aim of this project is to re-develop guidelines for members of the public providing first aid for people who are having suicidal thoughts or displaying suicidal behaviour. This redevelopment will ensure the guidelines remain consistent with the current literature and contain the most recent and appropriate helping actions, as well as continue to meet the standards for their inclusion on the NHMRC Clinical Practice Guidelines Portal.

As a first step, we are seeking to find current consensus on the key skills and knowledge that a person needs to help someone who is having suicidal thoughts or displaying suicidal behaviour. The statements from this questionnaire that receive a high level of consensus will be included in the mental health first aid guidelines for suicidal thoughts. The guidelines will then be used as the basis for an intervention training program.

#### Your role

You have been selected as a panel member for this study because you have expertise in the area of suicide prevention. Your task is to rate the statements presented in this questionnaire according to how important you believe they are to the aims of mental health first aid and the role of the first aider.

The role of a Mental Health First Aider is to help a person who is developing a mental health problem or is in a mental health crisis. The first aid is given until appropriate professional treatment is received or the crisis resolves.

#### How this questionnaire was developed

The statements in the following questionnaire were derived from suicide prevention course materials, published help books, websites and online fact sheets. Some of the statements may seem contradictory or controversial; however, we have included them because they reflect the wide range of people's beliefs about intervention and care.

It is important to note that we do not necessarily agree with these statements; we have included them because we do not believe that we should decide what the best practice is for mental health first aid. Rather, we have invited you to be a member of the expert panel to help develop a set of guidelines that reflect current expert opinion across the field of suicide prevention.

#### Other instructions to note

This questionnaire should take approximately 60 minutes to complete. However, some people may finish it much more quickly. Others may take more time, especially if they wish to lodge comments at the end of each section. Please be aware that once you have logged on and started responding, you may save your answers at any time by completing a page and clicking "Next" at the bottom. This marks your page as complete and you may begin again another time at the next page. Please make sure that you always log back in using the same email link, otherwise the software will fail to recognise your code and previously saved responses.

We would like to **thank you** for your time and effort and encourage you to provide us with feedback on this process.

Best wishes.

The Research Team
Population Mental Health Group
Melbourne School of Population and Global Health
University of Melbourne

# **Definitions of terms used in this questionnaire**

Throughout the questionnaire, we use the terms **'the person'** to refer to the person experiencing suicidal thoughts or engaging in non-suicidal self-injury, and **'the first aider'** to refer to the person providing assistance.

**Mental health problem** is a broad term that includes developing mental illness, symptoms of a diagnosable illness, substance use, and adverse life events which are having an impact on functioning. A **mental illness** is a mental health problem that has been diagnosed by a mental health professional, that affects a person's thinking, emotional state and behaviour, and disrupts a person's ability to work or carry out other daily activities and engage in satisfying personal relationships.

**Emergency services** refers to the best services available at short notice for the situation in the area. **Emergency mental health services** refers to mental health services that are available at short notice in the area, and could include a crisis team or a suicide helpline.

A **Safety plan** is an agreement between the suicidal person and the first aider that involves actions to keep the suicidal person safe.

Please be aware that the statements in this survey only apply to first aid given by adults. However, there are some statements specifically about the support that an adult could provide to an adolescent. These items are included in cases where the support provided to an adolescent might be quite different to the support provided to an adult. The term **adolescent** refers to a young person aged between 12 and 18 years (nominally the high school years).

# Overview of suicide questionnaire content

Please note that there will be an opportunity to add any **comments or suggestions** you might have at the **end of each section** of the survey.

#### Section 1- Identification of suicide risk

- Things to consider before making an approach
- · How to approach the person of concern
- Asking about suicidal thoughts
- · What to do if the person of concern doesn't want to talk
- · What to do if the first aider feels unsuccessful in their approach
- · What to do if the person of concern is psychotic
- · What to do if the person of concern is under the influence of drugs and alcohol

## Section 2- Assessing seriousness of the suicide risk

- · Assessing the urgency of the risk
- · Finding out about the suicidal person's plan
- · Asking about the factors that contribute to risk
- · Asking about other factors that contribute to risk

#### Section 3- Initial assistance

· Providing initial assistance to the suicidal person

### Section 4- Talking with the suicidal person

- · What to do when talking with the suicidal person
- · Things to avoid when talking with the suicidal person

#### **Section 5- No-suicide contracts**

- · Developing a safety plan
- · What the safety plan should include
- · Timeframe of the safety plan
- · When to make a safety plan

## **Section 6- Ensuring safety**

· Reducing the chances of the suicidal person acting on suicidal thoughts

#### Section 7- Passing time during the crisis

· What to do until the suicide crisis passes

#### Section 8- What the first aider should know

- · The facts about suicide
- The preventable nature of suicide

#### **Section 9- Confidentiality**

· Determining what information needs to be shared with others

## **Section 10- Adolescent specific**

Helping statements that may differ in endorsement for people aged 12-18 compared to adults

# Demographic and mental health role information

Please provide your details below to help us with our research

# Your gender O Male O Female

# Your age (in years)

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C Suicide pr	evention profess	sional			
C Suicide co	onsumer advoca	te			
What is yo	ur occupa	ition and titl	e?		
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			~	l	
Please nar	ne all the	mental heal	th organis	ations vou	are affiliated with and your role
within eac			organio	uciono you	are arrinated trial and your role
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Please pro	vide deta	ils of your p	rimary pla	- ce of work	
City/Town		o. you. p.	<b>y</b> p.o.		
State					
Country					
Section 1.	Identific	ation of su	uicide ris	K	
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emergency.	-	aneauy acteu	i on then the	oughts of suic	ine, this should be treated as a medical
Please rate how	important (from	essential to should	I not be included	d) you think it is th	nat each statement be included in the final guidelines.
Please note that	there will be an	opportunity to add	any comments	or suggestions y	ou might have at the <b>end of each section</b> of the survey.
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		ring suicide		•
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# Section 1. Identification of suicide risk continued (1)

# How to make the approach

## The first aider should:

	EssentialIr	mportant kr	Don't now/Depends	Unimportan	Should t not be included
10. Tell the person their concerns about them, describing behaviours that have caused them to be concerned about suicide.	0	O	0	0	0
11. Avoid raising the topic of suicide with the person during an argument or if they are really upset because this may end up getting a bad reaction and distancing them.	O	O	O	0	O
12. Be aware of their attitudes about suicide and the impact of these upon their ability to provide assistance, e.g. Beliefs that suicide is wrong or that it is a rational option.	g	0	0	0	O
13. Demonstrate appropriate language when referring to suicide by using the terms 'suicide' or 'died by suicide'.	0	0	0	0	0
14. Avoid using terms to describe suicide that promote stigmatising attitudes, e.g. 'commit suicide' or refer to a suicide attempt as having 'failed' or been 'unsuccessful'.	0	0	0	0	0
15. Be aware that different cultures have different beliefs and attitudes about suicide	O	0	0	0	0

16. If the first aider is concerned about someone who is from a different cultural background to their own, they should learn about that culture's beliefs and attitudes towards suicide before approaching the person.

Essential	Important	Don't know/Depends	Unimportant	Should not be included
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# Asking about suicidal thoughts

# 17. If the first aider thinks someone might be having suicidal thoughts, they should ask that person directly.

Essential	Important	Don't know/Depends	Unimportant	Should not be included
0	0	0	0	0

# 18. The first aider should ask the person about suicidal thoughts, even if the first aider feels uncomfortable doing so.

Essential	Important	Don't know/Depends	Unimportant	Should not be included
0	0	0	0	0

Redevelop	oment of	mental h	ealth fire	st ai	d gui	deliı	nes for	suicio	dal tho	ughts
19. If the fi	rst aider h	as even a m	ild suspici	on th	at					
the person	is having	suicidal th	oughts, the	ey sh	ould					
ask.										
Essential	Important	Don't know/Depends	Unimportant		d not be luded					
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20. If the fi	rst aider t	hinks some	one might	be ha	aving					
suicidal th	oughts an	d feels unak	ole to ask t	hem,	, the					
first aider	should find	d someone	who is able	e to a	isk.					
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	_	cide'. It is importar sing negative judg		ssue	0	0	0	O	included	
22. Know that it	is more importa	nt to ask about sui		an to	0	0	0	0	0	
be concerned al	bout the exact w	ording.								
The first ai	ider should	d be aware t	that:							
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23. If a person is in their head.	s not suicidal, as	sking them cannot	put the idea of su	uicide	O	0	0	0	O	
24. If a person is		g them about suicidet on these.	dal thoughts will i	not	0	0	0	0	0	
•	e to talk about th	g them about suicion eir problems and s	ŭ	allow	O	0	О	0	О	
26. If the fi	rst aider t	hinks some	one miaht	he ha	avina					
		ey should a	•		•					
	• ,	"Do you ev	•							
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27. The fi	rst aider sh	ould ask th	e suicidal	person if
they know	w anyone w	ho has sui	cided and	if they are
trying to s	solve their p	problems li	ke they did	l.
Essential	Important	Don't know/Depends	Unimportant	Should not be included
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28. If the f	first aider tl	hinks some	one miaht	be having
	houghts, th			
	tion by ask	-	_	how they
are feeling	_	- •		-
Essential	Important	Don't	Unimportant	Should not be
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Redevelop	oment of	mental r	nealth fir	st aid gui	delines for suicidal thoughts
32. If the fi	rst aider th	inks the pe	erson is		
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difference	s in cultura	al backgrou	ınd, they s	hould ask	
the person	if they wo	uld prefer t	to talk to s	omeone of	
the same o	cultural ba	ckground.			
Essential	Important	Don't know/Depends	Unimportant	Should not be included	
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If the first aider f	eels unsuccesst	ul in their approa	ach		
33. If the fi	rst aider is	unable to	make a co	nnection	
with the pe	erson, they	should off	er to help	them find	
someone e	lse to talk	to.			
Essential	Important	Don't know/Depends	Unimportant	Should not be included	
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34. If the fi	rst aider fe	els uncomf	ortable int	eracting	
with the pe				•	
gender, the	ey should s	seek assist	ance from	someone	
of the sam	e age grou	ıp or gende	r as the po	erson.	
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35. If the fi	rst aider fe	els uncomf	ortable int	eracting	
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Section 1.	Identifica	ation of s	uicide ris	k continue	ed (4)
Reacting to expre	essions of suicid	dal thoughts			
-					

#### Redevelopment of mental health first aid guidelines for suicidal thoughts The first aider should: Should Don't Unimportant not be EssentialImportant know/Depends included 36. Know that it is common to feel panic or shock when someone discloses thoughts of suicide. 37. Appear calm and confident in the face of the suicide crisis, as this 0 may have a reassuring effect for the suicidal person. 38. React to expressions of suicidal thoughts with calmness and empathy. 0 0 0 0 39. Avoid expressing negative reactions to suicidal thoughts, e.g. judgement, shock, panic, anger. 40. Respect the suicidal person and not try to take charge of the situation 41. Allow the suicidal person to discuss their feelings. A suicidal person 0 may feel relief at being able to do so. 42. Know that if the distressed person says they are not suicidal, they probably are not. 43. If the person is at a point of despair, the first aider needs to take control and be directive in ensuring their safety. Should not be Don't Essential Important Unimportant know/Depends included 44. If the first aider clearly states that thoughts of suicide may be associated with a treatable disorder, this may instil a sense of hope for the suicidal person. Don't Should not be Essential Important Unimportant know/Depends included If the person is experiencing an episode of psychosis 45. If the person is psychotic, the first aider may not be able to believe them if they say they are not suicidal. Should not be Don't Essential Important Unimportant know/Depends included 46. If the suicidal person says they are hearing voices, the first aider should ask if the voices are telling them to kill themselves. Should not be Don't Essential Important Unimportant know/Depends included 0 0 0 0 0

Redevelor	oment of	mental h	ealth firs	st aid gui	delines for suicidal thoughts
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Essential	Important	know/Depends	Unimportant	included	
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		ould ask the	-					
ney are re	eally seriou	us or just loo Don't	oking for at	tention. Should not be				
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erson has	s definite p	plans and in	tentions to	take				
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3. If the s	uicidal per	rson says th	at the situa	tion is				
ot seriou	s or that th	ney can han	dle it on the	eir own,				
ne first ai	der should	respect thi	S.					
Essential	Important	Don't know/Depends	Unimportant	Should not be included				
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4. The firs	st aider sh	ould not let t is not seri	the suicida	Il person they can				
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4. The first onvince to andle it of Essential	st aider shehem that in their ow	ould not let t is not serie n.  Don't know/Depends  C  Suicide plan	the suicida	Il person they can	nportant knov	Don't v/Depends	Unimporta	Should nt not be included
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4. The first andle it of Essential  Cinding out the first a  5. Ask the suice 6. Ask the suice	st aider she shem that is in their ow important about a sider should be sidely person if the sidely person how	ould not let t is not serie n.  Don't know/Depends  C  suicide plan d:	the suicidal ous or that the suicidal ous or that the suicidal output of the suicidal outpu	Il person they can Should not be included C	knov	v/Depends		nt not be included
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Ask if the suicidal person has received treatment for mental health oblems or is taking any medication.  If they have received mental health treatment in the past.  If they have ever known anyone who has died by suicide.  OCCCC  About any family history of mental health problems or suicide.  OCCCC  If they have ever made a suicide plan in the past.  OCCCCC  If they have ever made a suicide attempt in the past.  OCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCC		0	know/Depends	O	included O				
It if they have been using drugs or alcohol.  2. Ask if the suicidal person has received treatment for mental health oblems or is taking any medication.  3. If they have received mental health treatment in the past.  4. If they have ever known anyone who has died by suicide.  5. About any family history of mental health problems or suicide.  6. If they have ever made a suicide plan in the past.  7. If they have ever made a suicide plan in the past.  8. How they are feeling right now.  8. How they are feeling right now.  9. If they have told anyone about how they are feeling.  9. How things are at home and work/school.  1. If there have been changes in their employment, social life, or milly.  2. About current supports to help the person at risk.  9. The first aider should avoid asking the suicidal erson if they have a 'mental illness', instead asking they are receiving help for any emotional or mental ealth problems.  Essential Important Don't Unimportant Should not be included  9. If Important Important Don't Unimportant Should not be included	ne first aider	should	ask the su	iicidal pers		portant		Unimporta	nt not be
2. Ask if the suicidal person has received treatment for mental health oblems or is taking any medication.  3. If they have received mental health treatment in the past.  4. If they have ever known anyone who has died by suicide.  5. About any family history of mental health problems or suicide.  6. If they have ever made a suicide plan in the past.  7. If they have ever made a suicide attempt in the past.  8. How they are feeling right now.  9. If they have told anyone about how they are feeling.  9. How things are at home and work/school.  1. If there have been changes in their employment, social life, or mily.  2. About current supports to help the person at risk.  C. C	I If they have been u	eina druge	or alcohol		0				
If they have ever known anyone who has died by suicide.  C C C C C C C C C C C C C C C C C C C	. Ask if the suicidal p	erson has i	received treatme	nt for mental hea					
5. About any family history of mental health problems or suicide.  C C C C C C C C C C C C C C C C C C C	3. If they have receive	ed mental h	ealth treatment	in the past.	0	0	0	0	0
6. If they have ever made a suicide plan in the past. C C C C C C C C C C C C C C C C C C C	4. If they have ever kr	nown anyon	e who has died l	by suicide.	0	0	0	0	0
7. If they have ever made a suicide attempt in the past.  8. How they are feeling right now.  9. If they have told anyone about how they are feeling.  C. C	5. About any family h	story of me	ental health probl	ems or suicide.	0	0	0	0	0
8. How they are feeling right now.  9. If they have told anyone about how they are feeling.  10. How things are at home and work/school.  11. If there have been changes in their employment, social life, or amily.  12. About current supports to help the person at risk.  13. The first aider should avoid asking the suicidal erson if they have a 'mental illness', instead asking they are receiving help for any emotional or mental ealth problems.  15. Essential Important Don't know/Depends Unimportant Should not be included included included	6. If they have ever m	ade a suici	de plan in the pa	ıst.	0	0	0	0	$\circ$
99. If they have told anyone about how they are feeling.  10. How things are at home and work/school.  11. If there have been changes in their employment, social life, or amily.  12. About current supports to help the person at risk.  13. The first aider should avoid asking the suicidal erson if they have a 'mental illness', instead asking they are receiving help for any emotional or mental ealth problems.  15. Essential Important Don't know/Depends Unimportant Should not be included	7. If they have ever m	ade a suici	de attempt in the	e past.	O	0	0	0	$\circ$
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1. If there have been changes in their employment, social life, or amily.  12. About current supports to help the person at risk.  13. The first aider should avoid asking the suicidal erson if they have a 'mental illness', instead asking they are receiving help for any emotional or mental ealth problems.  15. Essential Important Don't know/Depends Unimportant Should not be included included	9. If they have told ar	iyone abou	t how they are fe	eling.	0	0	0	0	0
amily.  22. About current supports to help the person at risk.  C. C	0. How things are at h	ome and w	ork/school.		0	0	0	0	0
3. The first aider should avoid asking the suicidal erson if they have a 'mental illness', instead asking they are receiving help for any emotional or mental ealth problems.  Essential Important Don't Know/Depends Unimportant Should not be included		changes in	their employmen	nt, social life, or	0	0	0	0	O
erson if they have a 'mental illness', instead asking they are receiving help for any emotional or mental ealth problems.  Essential Important Don't know/Depends Unimportant Should not be included	2. About current suppo	orts to help	the person at risk	ζ.	0	0	0	0	0
	erson if they he they are rece ealth problem	nave a ' living ho ls.	mental illn elp for any Don't know/Depends	emotional	ead asking l or mental Should not be included				
o you have any comments on these statements? Is there anything you would lil	<b>(</b> )	$\odot$	(·)	<b>(</b> )	<b>(</b> )				
dd to this section? Please write your ideas in the box provided	-	_					_	ng you	would like

		essential to snould	I not be included	d) you think it is th
74. The firs	t aider sh	ould only tr	v to assist	a suicidal
		hey have a c	-	
Essential	Important	Don't	Unimportant	Should not be
C	©	know/Depends	© Onliniportaint	included
O				
75. The firs	st aider sh	ould not pu	t themselv	es in any
danger whi	ile offerin	g support to	the suici	dal
person.				
Essential	Important	Don't know/Depends	Unimportant	Should not be included
0	0	0	O	O
70 The Gue	4 -:			
		nould not lea	ave somed	ne wno is
feeling suid	cidai on ti	Don't		Should not be
Essential	Important	know/Depends	Unimportant	included
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77. The firs	t aider do	es not need	l to be witl	n the
		he time, but		
-				
tnem regui	arıy.			
	•	Don't	Unimportant	Should not be
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0	Important	know/Depends	O	included
Essential  C  78. The first	Important  C  St aider sh	know/Depends	ollaborati	included  C  vely with
Essential  C  78. The firsthe suicidate	Important  C  St aider shall person t	know/Depends	ollaborativeir safety,	included  C  vely with
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# Redevelopment of mental health first aid guidelines for suicidal thoughts 80. The first aider should be prepared for the suicidal person to possibly express anger and feel betrayed by their attempt to prevent their suicide or help them get professional help. Don't Should not be Essential Important Unimportant know/Depends included 0 0 81. If the person is suicidal, the first aider should: Unimportant know/Depends Essential Important be included Discuss with the suicidal person what actions they should take to get help. Encourage the suicidal person to get appropriate professional 0 0 0 0 help as soon as possible (i.e. See a mental health professional or someone at a mental health service). Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their Call a mental health centre or crisis telephone line and ask for advice on the situation Call a doctor, psychiatrist or other professional right away for the suicidal person. 0 0 0 0 0 Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services). Phone an emergency number without letting the suicidal person know. Take the suicidal person to a hospital emergency department. **Section 3. Initial assistance (2)**

# 82. If the suicidal person can't commit to stay safe, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant	Should not be included
Discuss with the suicidal person what actions they should take to get help.	O	0	0	0	0
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	0	0	O	0	0
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	0	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	O	0	0	0	O
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	O	0	O
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	O	C	0	O
Phone an emergency number without letting the suicidal person know.	0	0	0	0	0
Take the suicidal person to a hospital emergency department.	0	0	0	0	0

# 83. If the suicidal person has a specific plan, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	0	O	0	O
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	0	0	0	0	0
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	0	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	0	0	0	0
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	0
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	O	О	0	0
Phone an emergency number without letting the suicidal person know.	0	0	0	0	0
Take the suicidal person to a hospital emergency department.	0	0	0	0	0

# 84. If the suicidal person has the means to carry out their suicide plan, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant S	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	0	0	0	0
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	0	0	0	0	O
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	0	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	0	0	0	O
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	O
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	0	O	O	O
Phone an emergency number without letting the suicidal person know.	0	0	0	0	0
Take the suicidal person to a hospital emergency department.	0	0	0	0	0

# 85. If the suicidal person does not agree to give the first aider the things they intend using to kill themselves, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant s	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	0	O	0	0
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	O	O	0	0	O
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	0	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	O	O	0	0
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	0
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	O	0	O	O
Phone an emergency number without letting the suicidal person know.	0	0	O	0	0
Take the suicidal person to a hospital emergency department.	0	0	0	0	0

# 86. If the suicidal person has attempted suicide in the past, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	0	0	0	0
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	O	O	0	0	O
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	O	0	0	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	0	0	0	0
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	0
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	O	0	O	O
Phone an emergency number without letting the suicidal person know.	0	0	0	0	0
Take the suicidal person to a hospital emergency department.	0	0	0	0	0

# **Section 3. Initial assistance (3)**

# 87. If the suicidal person is known to have a diagnosis of a mental illness, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	0	О	O	O
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	0	0	0	0	0
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	0	O
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	0	0	O	O
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	0
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	0	О	0	О
Phone an emergency number without letting the suicidal person know.	0	0	0	0	0
Take the suicidal person to a hospital emergency department.	0	0	O	0	0

# 88. If the suicidal person is psychotic, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant	Should not be included
Discuss with the suicidal person what actions they should take to get help.	O	0	0	0	O
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	0	0	0	0	O
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	0	O
Call a mental health centre or crisis telephone line and ask for advice on the situation.	O	0	0	0	O
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	O
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	O	O	0	О
Phone an emergency number without letting the suicidal person know.	0	0	0	0	0
Take the suicidal person to a hospital emergency department.	0	$\odot$	0	$\circ$	0

# 89. If the suicidal person refuses professional help, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	0	O	0	O
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	0	0	0	0	0
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	0	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	0	0	0	0
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	0
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	O	О	0	0
Phone an emergency number without letting the suicidal person know.	0	0	0	0	0
Take the suicidal person to a hospital emergency department.	0	0	0	0	0

Essential	Important	Don't	Unimportant		d not be			
0	O	know/Depends	0		©			
l. If the fir	rst aider h	as to call th	e police.	thev s	hould			
		person is s	- ,	-				
elp them	respond a	ppropriatel	y.					
Essential	Important	Don't know/Depends	Unimportant		d not be luded			
0	0	0	0		0			
2. If the si	uicidal ne	rson is reluc	tant to se	eek ha	olp, the f	irst aider	should	
	ilolaal pol	3011 13 1 3143		Essential	Important	Don't	Unimportant	Should not
oon oncouragi	ag thom to soo	a mental health pro		0	O	know/Depends	O	be included
eek an agreem	-	nat they will contac		0	0	0	0	0
	•	tline for guidance	on how to	0	O	0	0	0
•	professional for	advice on the situ	ation.	0	0	0	0	$\circ$
ontact emerger	ncy services on	their behalf.		0	0	0	0	O
		e to the suicidal per friend or family m		0	0	0	O	0
? If the cu	uioidal nou	son doesn't	wont to	talk ta				
	-	e, the first a			,			
		ontact a sui						
Essential	Important	Don't	Unimportant	Shoul	d not be			
0	0	know/Depends	0		O			

95. The fire									ugh
001 1110 1110	st aider sh	ould provid	e the suic	idal					
person wit	h informa	tion and res	ources al	oout v	here				
they can s	eek help.								
Essential	Important	Don't know/Depends	Unimportant		d not be uded				
O	0	© Know/Depends	$\odot$		©				
	-	rson is willir	•						
-	-	their suicid	•	•	e first				
alder snou	ia neip tne	em plan wha Don't	it tney wii	_	d not be				
Essential	Important	know/Depends	Unimportant		uded				
O	0	O	0	(	<b>O</b>				
Section 2	Initial as	osistanas (	<b>4</b> \						
ection 3.	initiai as	ssistance (	4)						
07 If the c	uiaidal na	roon hoo o v	voonen 41	aa fira	4 -:	ah a uldu			
97. If the S	uicidai pe	rson has a v	veapon, ti	ne tirs	talder	Snoula: Don't		Should not	
			Е	ssential	Important	know/Deper	Unimportan nds	t be included	
Try to take it aw	ay from them.			0	0	0	0	0	
Ask them to han	nd over the wear	on.		0	0	0	0	O	
Not try to take it	away from them	1.		0	0	0	0	O	
Remove themse	elves from the si	tuation.		0	0	0	0	0	
Contact the poli	ice.			0	0	0	0	O	
	ible. the fi	rst aider sh	ould meas	ure o	4				
98. If possi		iot alaoi oil			ul				
•	•	tion so that	the suicid						
•	on medica			lal pe	rson				
prescriptio	on medica certain an	tion so that		lal pe	rson				
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prescription only has a days' wort  Essential	on medicar certain and h).  Important  C  onversation	Don't know/Depends	Unimportant	Should include the state of the	of d not be uded				
prescription only has a days' wort  Essential  O  99. If the con the pho	on medicar certain and h).  Important  O  onversatione, the fire	tion so that mount availa  Don't know/Depends  C  on about sui	Unimportant  C  cide is tale	Should include the should includ	d not be uded				
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prescription only has a days' wort  Essential  O  99. If the conthe phosuicidal personal contract of the phosuicidal personal contract on the phosuicidal personal contract of the contract of the phosuicidal personal contract of the contract of the phosuicidal personal contract of the c	on medicar certain and th).  Important  onversatione, the firerson to re	Don't know/Depends  on about suitst aider sho	Unimportant  C  cide is tale	Should include the should shou	d not be uded				

# Redevelopment of mental health first aid guidelines for suicidal thoughts 100. If the conversation about suicide is taking place on the phone, the first aider should contact emergency services so the person is not alone. Don't Essential Important Unimportant know/Depends included 0 101. The first aider must keep in mind that they may not be successful in preventing suicide. Should not be Essential Important Unimportant know/Depends included 0 Do you have any comments on these statements? Is there anything you would like to add to this section? Please write your ideas in the box provided Section 4. Talking with a suicidal person This section contains statements about talking to the suicidal person about their suicidal thoughts. Please rate how important (from essential to should not be included) you think it is that each statement be included in the final guidelines. Letting them know you care

# The first aider should:

	Essentiallı	mportant k	Don't know/Depends	Unimportan	Should t not be included
102. Tell the suicidal person they care and want to help.	0	0	0	0	$\odot$
103. Tell the suicidal person that they do not want them to die.	0	0	0	0	0
104. Remind the suicidal person that they are loved and would be missed.	0	0	0	0	0
105. Reassure the suicidal person that they want to hear whatever the person has to say.	0	0	O	0	0
106. Give the suicidal person their undivided attention.	0	0	0	0	0
107. Be patient and calm while the suicidal person is talking about their feelings.	r O	0	O	0	0
108. Be conscious of their body language, ensuring it doesn't communicate a lack of interest or negative attitude.	0	0	О	0	0
109. Keep in mind that asking too many questions can provoke anxiety in the suicidal person.	0	0	O	0	0
110. Show they are listening by summarising what the suicidal person is saying.	· •	0	О	0	0
111. Clarify important points with the person to make sure they fully understand.	0	0	O	0	0
112. Ask what the suicidal person is thinking and feeling.	0	0	0	0	0
113. Be supportive and understanding of the suicidal person.	0	0	0	$\circ$	0
114. Express empathy for the suicidal person.	0	0	0	$\circ$	0
115. Listen to the suicidal person without expressing judgment.	0	0	0	0	0

# Actively listening

# The first aider should:

	Essentiall	mportant kr	Don't now/Depend	Unimportan s	Should t not be included
116. Encourage the suicidal person to do most of the talking.	0	0	0	0	0
117. Let the suicidal person know that it's okay to talk about things that might be painful.	0	O	0	0	0
118. Ask open questions to find out more about the suicidal thoughts and feelings and the problems behind these.	0	O	0	0	0
119. Share their thoughts with the suicidal person without expressing judgement.	0	0	0	0	0
119. Focus on the things that will keep the suicidal person safe for now rather than the things that put the person at risk.	O	O	0	0	0
120. Avoid discussion of any mental health problems experienced by the suicidal person, focusing instead on the reasons behind the suicide crisis.	0	O	0	0	0

# Reacting to suicidal thoughts

# Redevelopment of mental health first aid guidelines for suicidal thoughts 121. Suicidal thoughts are often a plea for help and a desperate attempt to escape from problems and distressing feelings. The first aider should therefore allow the suicidal person to talk about those thoughts and feelings. Should not be Don't Essential Important Unimportant know/Depends included 0 0 0 0 0 122. The first aider needs to allow the suicidal person to talk about their reasons for wanting to die. Should not be Don't Essential Important Unimportant know/Depends included 0 The first aider should: Should Don't EssentialImportant Unimportant not be know/Depends included 123. Encourage the suicidal person to discuss their reasons for dying and their reasons for living, validate that they are considering both options and emphasise that living is an option for them. 124. Ask about issues that affect the immediate safety of the person who 125. Accept what the suicidal person is saying without agreeing or disagreeing with their behaviour or point of view. 0 126. Validate the suicidal person's thoughts and feelings and acknowledge that these may be hard to talk about. 0 127. Allow the suicidal person to express their feelings (.e.g. allow them to cry, express anger or scream). 0 0 0 128. Say whatever they feel they need to help the suicidal person decide against suicide, including the use of guilt and threats, e.g. telling them they will go to hell or they will ruin the lives of others if they die by suicide. Offering reassurance

# The first aider should:

	EssentialImp	oortant knov	Don't Un v/Depends	important	Should not be ncluded
129. Reassure the suicidal person that it's okay to feel the way they do.	0	0	0	0	$\odot$
130. Tell the person to cheer up, and promise that everything will be ok	(. O	0	$\circ$	0	$\circ$
131. Offer hope and reassurance that their feelings are temporary, that help is available and things will get better.	0	О	O	0	0
132. Assure the suicidal person that the feelings they are experiencing are probably caused by a mental illness that can be treated.	0	0	O	0	0
133. Reassure the suicidal person that they understand how badly they feel.	0	О	O	0	0
134. Reassure the suicidal person that they are there for them and want to help.	0	0	O	0	0
135. Reassure the suicidal person that thoughts of suicide are common, and that many people have them at some stage in their lives.	. 0	О	O	0	0
136. Reassure the suicidal person by letting them know that we all go through tough times and need support and that reaching out for help is the first step to feeling better.		O	0	O	0
137. Remind the suicidal person that suicidal thoughts need not be acted on.	0	О	O	0	0
138. Reassure the suicidal person that there are solutions to problems o ways other than suicide for coping.	r O	0	0	0	O

# Highlighting protective factors

# 139. The fact that the suicidal person is still alive, and talking to the first aider about their feelings, means that they are not quite sure about suicide. The first aider should point this out as a positive thing.

Essential	Important	Don't know/Depends	Unimportant	Should not be included
0	0	0	$\circ$	0

# The first aider should:

	EssentialIr	mportant k	Don't know/Depends	Unimporta	Should nt not be included
140. Thank the suicidal person for sharing their feelings with them and acknowledging the courage this takes.	0	0	O	0	O
141. Discuss the 'good things' in a person's life, their hopes for the future and other reasons to live.	, O	0	O	0	O
142. Find out what has supported the suicidal person in the past and whether these supports are still available.	0	0	O	0	O
143. Encourage the suicidal person to think about their personal strengths and the positive things in their life.	0	0	O	0	O
144. Remind the person of the good qualities they have.	0	0	0	0	0

#### Redevelopment of mental health first aid guidelines for suicidal thoughts Section 4. Talking with a suicidal person (2) Helping with problem-solving 145. The first aider should inquire about the problems the suicidal person is facing and how they can help. Don't Should not be Essential Unimportant Important know/Depends included 0 0 0 146. The first aider should acknowledge suicide as an option, but indicate there are other alternatives. Should not be Don't Essential Important Unimportant know/Depends included 0 0 0 0 0 147. It is important that the first aider dispute the idea that suicide is the best or most viable solution. Should not be Don't Essential Important Unimportant know/Depends included 0 0 0 0 0 148. In order to reduce suicide risk, it is important for the first aider to try to solve the suicidal person's problems. Should not be Don't Essential Important Unimportant know/Depends included 0 0 0 0 0 149. By discussing specific problems, the first aider can help the person work out ways of dealing with the difficulties that seem insurmountable. Should not be Essential Important Unimportant know/Depends included 0 0 0 0 150. The first aider should assist the suicidal person with problem-solving, by asking about the problem, identifying available resources, suggesting solutions and a plan of action. Should not be Don't Essential Important Unimportant know/Depends included

0

0

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0

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151 I NA ti	4 - 1			st aid gui	uo			adi tii
		should help t nto perspect		•				
-		nto perspect ple have mu	_	_				
and still ch		-						
Essential	Important	Don't know/Depends	Unimportant	Should not be included				
0	0	O	0	O				
152. The fi	rst aider s	hould not tr	y to provid	e a				
solution to	the suici	dal person's	problems					
Essential	Important	Don't know/Depends	Unimportant	Should not be included				
0	0	0	0	0				
Considerin	g the cons	sequences d	of suicide					
		-						
The first a	iaer snoul	a:						Should
				EssentialIm	portant kı	Don't now/Depends	Unimporta	
-	•	son to consider the	•		0	0	0	O
154. Remind the	· ·	n that suicide is a p	ermanent solutio	n to O	0	O	0	0
155. Accept the a possibility rath		s for what they are a inkable act.	and discuss suicio	de as	0	0	0	0
Physical co	ontact							
-								
		has a close		•				
	rson, me	y Siloulu Silt	ow they ca	r <del>e</del> about				
-	ugging the	em or holdin	a their han					
-	ugging the	em or holdin  Don't	g their har	Should not be				
them by h				nd.				
them by hi	Important	Don't know/Depends	Unimportant	Should not be included				
them by his Essential	Important  C  rst aider s	Don't know/Depends	Unimportant  C  Duch (e.g. h	Should not be included				
Essential  C  157. The fi hold hands	Important  C  rst aider s s with) the	Don't know/Depends	Unimportant  C  Duch (e.g. herson unles	Should not be included				
them by his Essential  C  157. The fishold hands	Important  C  rst aider s s with) the	Don't know/Depends  Should not to suicidal pe	Unimportant  C  Duch (e.g. herson unles	Should not be included				

Redevelop	ment o	f mental h	ealth fir	st aid gui
		should not to		•
	•	suicidal pe	rson witho	out their
permission		Don't		Should not be
Essential	Important	know/Depends	Unimportant	included
O	0	O	O	O
Offering su	pport			
159. The fir	rst aider s	should ask tl	ne suicida	l person
how they w	vould like	to be suppo	rted and i	f there is
anything th	ney can d	o to help.		
Essential	Important	Don't know/Depends	Unimportant	Should not be included
O	0	0	0	O
160. The fir	rst aider s	hould not tr	v to take o	n the
		sponsibilitie		
Essential	Important	Don't	Unimportant	Should not be
©	0	know/Depends	O	included
		hould sugge	•	
	-	from their su		•
	•	ich are relat e a sense of	-	
achieveme	_	e a selise di	Control a	nu .
Essential	Important	Don't	Unimportant	Should not be
O	©	know/Depends	O	included
		is having tro		
	•	the suicida	- '	•
		uestions, re <sub>l</sub>	peating th	ese if
necessary.	1	Don't		Should not be
Essential	Important	know/Depends	Unimportant	included
0	0	0	0	0
Offer practical he	elp			

Essential Important know/Depends Unimportant	included				
ction 4. Talking with a suicidal pers	son (3)				
hat to avoid when talking with a suicidal	person				
4. The first aider should <b>NOT</b> :					
	Essentiall	Important	Don't know/Depends	Unimporta	Should ant not be
					included
gue or debate with the person about their thoughts of suicide.	0	0	0	0	0
scuss with the person whether suicide is right or wrong.	0	0	0	0	0
nimise the suicidal person's problems.	0	0	0	0	0
ve glib 'reassurance' such as 'don't worry', 'cheer up', 'you have erything going for you' or 'everything will be alright'.	0	0	O	0	0
errupt with stories of their own.	0	0	0	0	0
all their bluff', dare or tell the suicidal person to 'just do it'.	O	0	0	0	0
empt to give the suicidal person a diagnosis of a mental health oblem.	0	0	0	0	0
e guilt or threats to prevent suicide (e.g. do not tell the person th I go to hell or ruin other people's lives if they die by suicide).	ney C	O	O	0	0
t the fear of saying the wrong words or of not saying the perfect wep them from encouraging the suicidal person to talk.	vords C	0	0	O	O
ke any hurtful actions or words of the suicidal person personally.	0	0	0	0	0
5. The first aider should avoid giving ad	vice.				
Essential Important Don't Unimportant know/Depends	Should not be included	e			
0 0 0	0				
6. The first aider should avoid asking the	e suicidal				
rson why they are having suicidal thou					
Don't	Should not be	e			
Essential Important Unimportant	included				

# Redevelopment of mental health first aid guidelines for suicidal thoughts 167. If the suicidal person is thinking about taking an overdose, the first aider should tell the person that overdosing can lead to messy, painful and long-drawn-out consequences, such as slow poisoning. Should not be Don't Essential Important Unimportant know/Depends included 0 0 0 0 0 Do you have any comments on these statements? Is there anything you would like to add to this section? Please write your ideas in the box provided Section 5. No-suicide contracts & safety planning The statements in this section are about the development of no-suicide contracts and planning to keep the suicidal person safe. Please keep in mind that a Safety plan is an agreement between the suicidal person and the first aider that involves actions to keep the suicidal person safe. Please rate how important (from essential to should not be included) you think it is that each statement be included in the final guidelines. Developing a safety plan 168. The first aider should develop a safety plan with the suicidal person. Should not be Don't Essential Important Unimportant know/Depends included 0 0 169. The first aider should engage the suicidal person to the fullest extent possible in decisions about a safety plan. Don't Should not be Essential Important Unimportant know/Depends included 170. The safety plan should be written down and signed by both the first aider and the suicidal person. Don't Should not be Essential Important Unimportant know/Depends included

zenevelok	ATTICITE OF	memam		st alu gui	ueimes i	ioi Suicio	dal thought
171. If the	suicidal pe	erson doesn'	t want to	write the			
safety plan	down, it i	s fine to mal	ke a verba	I			
agreement							
Essential	Important	Don't know/Depends	Unimportant	Should not be included			
0	0	0	0	0			
172. Verba	l agreeme	ents should k	e repeate	ed out loud			
	_	n back to th	-				
-	-	ties agree o					
Essential	Important	Don't know/Depends	Unimportant	Should not be included			
0	0	0	0	0			
173. The fir	rst aider s	hould get a v	erbal com	mitment			
		son that the					
	-	intil they hav	_	-			
profession		•					
Essential	Important	Don't know/Depends	Unimportant	Should not be included			
0	0	O	0	0			
What the plan sh	ould include						
The safety	nlan sho	uld:					
	prom one				Don'	•	Should
				EssentialIm	portant know/Dep	Unimportar	nt not be included
174. Be clear, o	ŭ	ill be done, who wil	be doing it, and	d O	0 0	0	O
175. Focus more		iicidal person should	d do rather than	what O	0 0	O	0
176. Include an suicide.	agreement that	the suicidal person	does not attem	pt O	0 0	0	O
177. Include an alcohol or other	-	the suicidal person	does not use ar	ny C	0 0	0	O
	-	sible to the suicidal p	person.	O	0 0	0	O
470 Th - "	.a4 a!al	hauld 4 -	auma Ales 4				
		hould not as		-			
-	-	ceep the suic	-	Should not be			
Essential	Important	know/Depends	Unimportant	included			
0	0	O	0	0			
Section 5.	No-suici	de contrac	ts (2)				
Who to con	ıtact						

edevelop	oment of	f mental h	ealth firs	t aid gui	delines	for suic	idal thought
180. Safety	/ plans sh	ould include	24-hour sa	efety			
contacts ir	ı case the	suicidal pe	rson feels u	nable to			
continue w	ith the ag	reement not	to attempt	suicide			
(such as a	suicide he	elpline, prof	essional he	lper or			
family men	nber).						
Essential	Important	Don't know/Depends	Unimportant	Should not be included			
O	O	0	0	0			
181. The sa	afety plan	should incl	ude contac	ł			
		idal person					
		onal, a suici					
	•	ell as friend	•				
members v	vho will h	elp in an em	ergency.	_			
Essential	Important	Don't	Unimportant	Should not be included			
0	0	know/Depends	0	O			
400 =	4 . • •	h					
		hould ask th					
-	•	contacts wit they are feel		_			
		Don't	•	Should not be			
Essential	Important	know/Depends	Unimportant	included			
O	O	O	O	0			
Timeframe	of the saf	ety plan					
The safety	nlan sho	uld:					
The salety	pian snot	ului			D	14	Should
				EssentialIm	Don  portant  know/De	Unimport	ant not be included
		nen they will end, for ak to the first aider.	•	me O	0 0	O	O
cope with, so the	at they can feel	ch will be easy for t able to fulfil the ag	•		0 0	O	O
	ngth of time that	t will present a cha	•	idal C	0 0	O	O
person, so mal l	ney can see the	at they can manage	alulic.				
		hould work					
-	_	ns to ensure	their safet	y for the			
next 24, 48	and 72 h			01 11			
Essential	Important	Don't know/Depends	Unimportant	Should not be included			
0	0	0	0	0			
When to ma	ako a safo	tv nlan					
	anc a salc	cy pian					

Redevelo	pment of	mental h	ealth fir	st aid gui
187. If the	suicidal pe	erson won't	make a sa	fety plan,
		them alone		
		should mak		
_	•	erson (in the		•
visuai con	itact) and g	et outside h	ielp imme	Should not be
Essential	Important	know/Depends	Unimportant	included
O	O	0	O	O
188. If the	suicidal pe	erson won't	make a sa	fety plan,
the first a	ider should	get profess	sional help	)
immediate	ely.			
Essential	Important	Don't know/Depends	Unimportant	Should not be included
0	0	0	0	0
180 The #	iret aidar a	houldn't use	a colote:	nlan with a
		don't know	•	piali Willi a
-	_	Don't		Should not be
Essential	Important	know/Depends	Unimportant	included
0	0	0	О	O
190. The fi	irst aider s	hould only n	nake a saf	ety plan
with some	one they k	now well.		
Essential	Important	Don't know/Depends	Unimportant	Should not be included
0	0	©	0	O
101 The fi	irot older o	hauldu't uae	o cofoty	nlan with a
		houldn't use is severely	•	
_		Don't	-	Should not be
Essential	Important	know/Depends	Unimportant	included
O	О	0	O	O
192. The fi	irst aider s	houldn't use	e a safety	plan with a
suicidal p	erson who	is using dru	ugs or alc	ohol.
Essential	Important	Don't know/Depends	Unimportant	Should not be included
O	O	know/Depends	О	included ©
400 =: ::				
		houldn't use		plan with a
suicidai p	erson wno	is psychotic	C.	Should not be
Essential	Important	know/Depends	Unimportant	included
O	0	0	0	0

Do you hav	e any co		these stat	ements? Is	there anything you would like to
			•		
Section 6.	Ensurin	g safety			
The statemen person.	ts in this sec	tion contain ac	tions the first	aider can take	e to help ensure the safety of the suicidal
Please rate how in	mportant (from e	essential to should	not be included	f) you think it is th	nat each statement be included in the final guidelines.
194. The fir	st aider s	hould make	sure any	potentially	
harmful ite	ms are no	t available t	o the suic	idal	
person by I	removing	access to tl	nese items	<b>5.</b>	
Essential	Important	Don't know/Depends	Unimportant	Should not be included	
0	0	0	O	0	
of suicide a	available t	hould try to o the suicid	al person i		
Essential	Important	know/Depends	Unimportant	included	
O	0	O	0	O	
	the things	hould ask tl they intend		•	
Essential	Important	Don't know/Depends	Unimportant	Should not be included	
0	0	0	0	0	
aider the the the the the	nings they der should down the t	intend usin dispose of coilet, hand r knives).  Don't know/Depends	g to kill th them right	emselves, away (i.e.	

## Redevelopment of mental health first aid guidelines for suicidal thoughts 198. If the suicidal person agrees to hand over the means of suicide, on the condition that they can have them back if they want them, the first aider should argue the point with them for as long as it takes. Should not be Don't Essential Important Unimportant know/Depends included 0 0 0 0 0 199. If the suicidal person agrees to hand over the means of suicide, on the condition that they can have them back if they want them, the first aider should agree to this. Should not be Don't Essential Important Unimportant know/Depends included 0 0 0 200. If the first aider can't get the suicidal person to agree to hand over the means of suicide (for example, pills, gun, razor), emergency services must be contacted immediately. Should not be Essential Important Unimportant know/Depends included 0 201. If the first aider can't get the suicidal person to agree to hand over the means of suicide (for example, pills, gun, razor), they should try to take these things secretly. Should not be Don't Essential Important Unimportant know/Depends included 0 0 0 Do you have any comments on these statements? Is there anything you would like to add to this section? Please write your ideas in the box provided Section 7. Passing time during a crisis The statements in this section are about what the first aider should do with the suicidal person during the suicide crisis period. Please rate how important (from essential to should not be included) you think it is that each statement be included in the final guidelines.

#### Redevelopment of mental health first aid guidelines for suicidal thoughts The first aider should: Should Don't EssentialImportant Unimportant not be know/Depends included 0 0 202. Ask the suicidal person to postpone the decision to suicide. 0 0 0 0 0 203. Develop a list with the suicidal person of other things they can do to distract themselves. 204. Do something pleasant for the suicidal person. For example, cooking a favourite meal, renting a movie or listening to music with 0 205. Encourage the suicidal person to undertake some relaxing 0 0 0 activities, such as taking a hot bath, going for a long walk or reading something enjoyable. 0 206. Encourage the suicidal person to do something active like going for 0 0 0 207. Offer to join the person in some activity they normally enjoy. 208. Encourage the suicidal person to take some sleeping pills, as they should be feeling better by the time they wake up. 209. Encourage the suicidal person to drink a few glasses of alcohol, to make the time pass more quickly. 210. The first aider should not take the suicidal person to parties or places where people are having fun, as this could make them more depressed. Should not be Don't Essential Important Unimportant know/Depends included 0 0 0 0 211. During the suicidal crisis, the suicidal person and the first aider should be actively working on practical strategies to solve the life problems. Should not be Don't Essential Important Unimportant know/Depends included 212. If the suicidal person wants to be left alone, and can assure the first aider of their safety, the first aider should agree. Should not be Don't Essential Important Unimportant know/Depends included 0 0 0 0 0 Do you have any comments on these statements? Is there anything you would like to add to this section? Please write your ideas in the box provided

### Section 8. What the first aider should know

The statements in this section are about the knowledge the first aider should have to enable them to provide mental health first aid to the suicidal person.

Please rate how important (from essential to should not be included) you think it is that each statement be included in the final guidelines.

### The first aider should be aware:

	Essential	Important kr	Don't	Unimportant	Should not be
242 251	0		•		included
213. Of how commonly suicide occurs.	0	0	0	0	
214. That there are many more suicide attempts than suicides.	0	0	0	0	0
215. Of the risk factors for suicide.	0	0	0	0	0
216. Of the link between suicide and mental illness.	$\circ$	0	0	0	0
217. That talking about suicide will not 'put the idea' into someone's head.	O	0	0	0	0
218. Of the reasons why people have thoughts about suicide.	0	0	O	0	0
219. That most suicidal people do not want to die. They simply do not want to live with the pain.	0	0	O	0	0
220. That suicidal people believe they have no choice but to die by suicide.	0	0	0	O	0
221. That anyone could have thoughts of suicide.	$\circ$	$\odot$	0	0	0
222. That suicidal thoughts are temporary.	0	0	0	0	0
223. That suicidal behaviour is a cry for help.	0	0	0	0	0
224. Of the reasons why people who are having suicidal thoughts don't ask for help.	0	0	0	0	0
225. That people thinking about suicide are not likely to seek help, but do show warning signs to their family and friends.	0	О	0	O	O
226. That suicide can be prevented.	0	0	0	0	0
227. That openly talking about suicidal thoughts and feelings can save a life.	0	0	0	0	0
228. That they should not underestimate their abilities to help a suicidal person, even to save a life.	0	0	0	0	0
229. That unless someone tells you, the only way to know if a person is thinking of suicide is to ask.	0	0	0	O	0
230. That use of alcohol or other drugs can increase the risk of a person acting on suicidal thoughts.	O	0	O	O	0
231. That even though the first aider can offer support, they are not responsible for the actions or behaviour of someone else, and cannot control what they might decide to do.	0	0	0	0	0
232. Of the local services that can assist in response to people at risk of suicide (i.e. hospitals, mental health clinics, mobile outreach crisis teams, suicide prevention helplines, local emergency services).	0	0	O	O	O

Redeve	elopment o	of mental h	nealth fir	st aid gui	idelines for suicidal thoughts
•	•				there anything you would like to
add to	this section?	Please writ	e your ide	as in the bo	ox provided
			_		
			<u> </u>	,	
Sectio	n 9. Confide	entiality			
The stat	tements in this se	ection are about	the confidenti	iality of the suid	cidal person's thoughts and behaviours.
Please rate	e how important (from	essential to should	I not be included	d) you think it is th	nat each statement be included in the final guidelines.
233. TI	he first aider i	must never a	gree to ke	ep the risk	
of suic	ide a secret.				
Essent	ial Important	Don't know/Depends	Unimportant	Should not be included	
0	O	O	O	O	
234. TI	ne first aider i	must never a	gree to ke	ep the	
suicida	al person's su	iicidal plans	a secret.		
Essent	ial Important	Don't know/Depends	Unimportant	Should not be included	
0	O	O	O	0	
235. If	the suicidal p	erson doesn	't want the	e first	
	o tell anyone			• ,	
	st aider shoul	•	-	J, J	
	e about you to eed help and l		-		
Essent	-	Don't	Unimportant	Should not be	
C		know/Depends	© Onliniportant	included	
	the suicidal p scussion abou			•	
	keep the sec		corci, inc	inst aidei	
Essent	-	Don't	Unimportant	Should not be	
0	O	know/Depends	O	included ©	
237. If	the suicidal p	erson asks f	he first aid	der to	
	se they will ke				
a secr	et, they shoul	d agree, but	tell some	one else	
anywa	у.				
Essent	ial Important	Don't know/Depends	Unimportant	Should not be included	
O	O	O	0	O	

238. The first aider should not keep the person's suicidal thoughts a secret from potential helpers, but should discuss with the person whether other details should be confidential.  Essential Important know/Depends Unimportant Included  239. The first aider should treat everything the suicidal person says in complete confidence.  Essential Important know/Depends Unimportant Included  240. The first aider should treat the suicidal person with respect and involve them in decisions about who else knows about the suicidal crisis.  Essential Important know/Depends Unimportant Included  241. If the suicidal person refuses to give permission to disclose information about their suicidal thoughts, the first aider may need to breach their confidentiality to ensure their safety.  Essential Important know/Depends Unimportant Included  242. The first aider should keep in mind that it is much better to have the person angry at them for sharing their suicidal thoughts without their permission in order to obtain help than to lose the person to suicide.  Essential Important know/Depends Unimportant Should not be included  C C C C C C C C C C C C C C C C C C C						delines for s		
239. The first aider should treat everything the suicidal person says in complete confidence.  Essential Important Don't Know/Depends Unimportant Should not be included  C C C C C C C C C C C C C C C C C C C	suicidal th	oughts a s	secret from	potential h	elpers,			
239. The first aider should treat everything the suicidal person says in complete confidence.  Essential Important Nnow/Depends Unimportant Included Include	details sho	ould be co	nfidential.					
239. The first aider should treat everything the suicidal person says in complete confidence.    Essential   Important   Know/Depends   Unimportant   Should not be included   C   C   C   C   C   C   C   C   C	Essential	Important		Unimportant				
suicidal person says in complete confidence.    Essential   Important   NonWiDepends   Unimportant   Should not be included	0	0	0	O	O			
suicidal person says in complete confidence.    Essential   Important   NonWiDepends   Unimportant   Should not be included	239. The fi	rst aider s	should treat	everything	ı the			
240. The first aider should treat the suicidal person with respect and involve them in decisions about who else knows about the suicidal crisis.  Essential Important Renow/Depends Unimportant Should not be included  C C C C C C C C C C C C C C C C C C C								
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Because the support provided to young people might be quite different to the support provided to an adult, the statements in this section are to be rated for **providing mental health first aid to an adolescent**. The term **adolescent** refers to a young person aged between 12 and 18 years (nominally the high school years).

Please rate how important (from essential to should not be included) you think it is that each statement be included in the final guidelines.

### Assessing seriousness of suicide risk

# 242. If the suicidal adolescent says that the situation is not serious or that they can handle it on their own, the first aider should respect this.

Eccential	Essential Important		Unimportant	Should not be
Loociilai	important	know/Depends	Ommportant	included
$\odot$	0	0	$\circ$	0

### Initial assistance

# 243. The first aider should not leave an adolescent who is feeling suicidal on their own.

Essential	Important	Don't know/Depends	Unimportant	Should not be included
0	0	0	0	$\odot$

# 244. The first aider does not need to be with the suicidal adolescent all the time, but should check on them regularly.

Essential	Important	Don't know/Depends	Unimportant	Should not be included
O	0	0	0	0

### 245. If the adolescent is suicidal, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant S	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	O	O	0	O
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	O	0	O	0	O
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	O	0	O
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	0	O	0	O
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	0
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	O	O	O	О
Phone an emergency number without letting the suicidal person know.	0	0	0	0	0
Take the suicidal person to a hospital emergency department.	0	0	0	$\circ$	$\circ$

### 246. If the suicidal adolescent can't commit to stay safe, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant S	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	O	O	0	O
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	O	0	O	O	O
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	0	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	0	O	0	0
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	0
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	0	O	0	O
Phone an emergency number without letting the suicidal person know.	0	0	0	0	0
Take the suicidal person to a hospital emergency department.	0	0	$\circ$	$\circ$	0

### **Section 10. Adolescent specific (2)**

### 247. If the suicidal adolescent has a specific plan, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant s	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	0	O	O	O
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	O	0	O	0	O
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	O	0	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	O	0	O	O	O
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	O	0	0
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	0	C	O	O
Phone an emergency number without letting the suicidal person know.	0	0	0	0	0
Take the suicidal person to a hospital emergency department.	0	0	0	$\odot$	$\odot$

# 248. If the suicidal adolescent has the means to carry out their suicide plan, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant S	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	0	0	0	0
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	0	0	0	0	O
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	0	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	0	0	0	O
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	O
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	0	O	O	O
Phone an emergency number without letting the suicidal person know.	0	0	0	0	0
Take the suicidal person to a hospital emergency department.	0	0	0	0	0

# 249. If the suicidal adolescent does not agree to give the first aider the things they intend using to kill themselves, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant s	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	0	O	0	0
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	O	O	0	0	O
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	O	0	0	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	O	O	0	0
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	0
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	O	0	O	O
Phone an emergency number without letting the suicidal person know.	0	0	O	0	0
Take the suicidal person to a hospital emergency department.	0	0	0	0	0

# 249. If the suicidal adolescent has attempted suicide in the past, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	0	0	0	O
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	O	0	O	O	O
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	0	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	0	0	0	O
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	O
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	0	0	0	$\odot$
Phone an emergency number without letting the suicidal person know.	0	0	0	0	O
Take the suicidal person to a hospital emergency department.	0	0	$\circ$	O	$\circ$

### **Section 10. Adolescent specific (3)**

# 251. If the suicidal adolescent is known to have a diagnosis of a mental illness, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	O	O	O	O
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	O	O	O	O	O
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	O	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	O	O	0	O	O
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	O	0	O	0
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	O	O	O	0
Phone an emergency number without letting the suicidal person know.	0	O	0	0	0
Take the suicidal person to a hospital emergency department.	0	0	0	0	0

### 252. If the suicidal adolescent is psychotic, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant s	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	0	0	0	0
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	0	0	0	0	O
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	0	O
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	0	0	0	0
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	0
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	0	O	O	O
Phone an emergency number without letting the suicidal person know.	0	0	O	0	0
Take the suicidal person to a hospital emergency department.	0	0	$\circ$	$\circ$	0

### 253. If the suicidal adolescent refuses professional help, the first aider should:

	Essential	Important	Don't know/Depends	Unimportant	Should not be included
Discuss with the suicidal person what actions they should take to get help.	0	0	O	0	O
Encourage the suicidal person to get appropriate professional help as soon as possible (i.e. See a mental health professional or someone at a mental health service).	0	0	0	0	0
Seek the permission of the suicidal person to contact their regular doctor or mental health professional about their concerns.	0	0	0	0	0
Call a mental health centre or crisis telephone line and ask for advice on the situation.	0	0	0	0	0
Call a doctor, psychiatrist or other professional right away for the suicidal person.	0	0	0	0	0
Get the suicidal person to phone an emergency number (i.e. Emergency services, a suicide helpline, emergency mental health services).	0	0	О	0	0
Phone an emergency number without letting the suicidal person know.	0	0	O	0	0
Take the suicidal person to a hospital emergency department.	0	0	0	0	0

#### Redevelopment of mental health first aid guidelines for suicidal thoughts 254. If the suicidal adolescent is reluctant to seek help, the first aider should: Don't Should not Important Unimportant Essential know/Depends be included Keep encouraging them to see a mental health professional. 0 0 0 0 Seek an agreement with them that they will contact a specific person within a specified timeframe. Contact a suicide prevention hotline for guidance on how to 0 help them. 0 0 0 0 0 Talk to a health professional for advice on the situation. 0 Contact emergency services on their behalf. Make sure someone who is close to the suicidal adolescent is 0 0 0 0 aware of the situation (i.e. close friend or family member). 255. If the first aider is unable to persuade the suicidal adolescent to get help, they should get assistance from a trusted friend, helpline or mental health professional. Should not be Essential Important Unimportant know/Depends included 0 0 0 256. The first aider should ensure that the suicidal adolescent receives help from a health professional, support group or relevant community organisation. Should not be Don't Essential Important Unimportant included know/Depends 0 0 0 0 Talking with a suicidal adolescent 257. The first aider should avoid giving advice to the suicidal adolescent. Don't Should not be Essential Important Unimportant know/Depends included 0 0

258. In order to reduce suicide risk, it is important for the first aider to try to solve the suicidal adolescent's problems.

Essential	Important	Don't know/Depends	Unimportant	Should not be included	
0	0	0	0	0	

### Redevelopment of mental health first aid guidelines for suicidal thoughts 259. The first aider should not try to take on the suicidal adolescent's responsibilities. Should not be Essential Important Unimportant know/Depends included 0 0 No-suicide contracts 260. The first aider should develop a safety plan with the suicidal adolescent. Should not be Essential Important Unimportant know/Depends included 261. If the suicidal adolescent won't make a safety plan, it is not safe to leave them alone for any period of time. The first aider should make sure someone stays close by the person (in the same room, in visual contact) and get whatever outside resources are available (e.g. family, emergency mental health care or if necessary, the police). Should not be Essential Important Unimportant know/Depends included 0 0 0 262. If the suicidal adolescent won't make a safety plan, the first aider should get professional help immediately. Don't Should not be Essential **Important** Unimportant know/Depends included 0 Passing time during the crisis 263. If the suicidal adolescent wants to be left alone, and can assure the first aider of their safety, the first aider should agree. Don't Should not be Essential Important Unimportant know/Depends included 0 0 0 0 Confidentiality

### Redevelopment of mental health first aid guidelines for suicidal thoughts 264. The first aider should treat the suicidal adolescent with respect and involve them in decisions about who else knows about the suicidal crisis. Don't Should not be Essential Unimportant Important know/Depends included 0 265. If the suicidal adolescent asks the first aider to promise they will keep the discussion about suicide a secret, they should agree, but tell someone else anyway. Don't Should not be Essential Important Unimportant know/Depends included 0 0 0 0 0 Do you have any comments on these statements? Is there anything you would like to add to this section? Please write your ideas in the box provided **Round 1 survey complete!** That is the end of the first round survey! Thank you very much for your contribution.

By pressing the "done" button your final responses will be registered with our survey software. Once all panel members have lodged their responses, we will collate the data and send you a report on the findings.

Remember, if the statements presented have caused you to **feel sad or distressed in any way**, please do not hesitate to talk to someone about it. We recommend calling one of the helplines listed below:

### **Calling from Australia**

beyond blue: 1300 22 4636 (24hrs)

LifeLine: 13 11 14 (24hrs, free call from mobile phone)

#### **Calling from the USA**

National Suicide Prevention Lifeline: 1800 273 8255 (24hrs, toll free)

National Hopeline Network: 1800 442 4673 (24hrs)

### **Calling from Canada**

The support network: 780 482 4357 (24hrs) Crisis Line: 1866 996 0991 (24hrs, toll free)

Salvation Army Suicide Prevention crisis line: 905 522 1477 (24hrs)

#### **Calling from New Zealand**

Lifeline: 0800 543 354 (24hrs, toll free) Samaritans: 0800 726 666 (24hrs, toll free)

#### **Calling from the UK**

Samaritans: 08457 90 90 90 (24hrs) SANEline: 0845 767 8000 (6pm-11pm)

Thank you once again. We are extremely grateful for your contribution.

The Research Team