

Language and Approach when addressing the issue of suicide:

Any dialogue on suicide should be approached with care and compassion. Some things to keep in mind:

Use “death by suicide” instead of “committed”, a term used to describe a criminal act.

Use the terms “completed suicide”/ “suicide attempt” rather than “successful”/ “failed” suicides respectively.

Keep the identity of the survivor/deceased and method of suicide attempt confidential.

Offer a trigger warning.

Be direct and use the right terms to reduce isolation and fear.

Bring up the topic regularly along with other conversations on health & wellbeing.

Address myths about suicide, risk & protective factors, and warnings signs as well.

Build hope by highlighting stories of hope, recovery, resilience, and growth.

Share relevant resources including those for professional help.

DO's

Don't reinforce any prejudice or stereotypes.

Don't use discriminatory language.

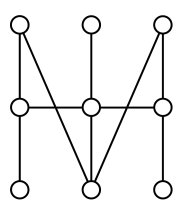
Don't talk about the act as inauspicious, inevitable, criminal, or immoral as it adds to the stigma.

Don't link suicide to a mental health label/ diagnosis.

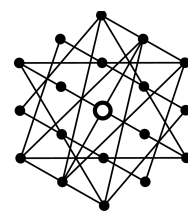
Don't discuss it as gossip.

Don't focus solely on stories of hopelessness and despair.

DONT's



mariwala
health
initiative



Alliance
for Suicide
Prevention