

Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is contained within a dark blue oval. The word "Apollo" is written in a white, cursive script font. Below it, the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif, all-caps font, flanked by two horizontal white lines. At the bottom of the oval, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

Apollo

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: October 2022

Suicide Awareness – Part 3 “Persuading to Live”

Part 3 of our suicide awareness topic address what to do once you have asked the hard question. Once an individual has opened about their thoughts of suicide, persuading, or helping that individual see their many reasons to live is the next challenge. Persuasion begins by establishing a positive relationship. Positive relationships are established by active listening. Active listening starts by not rushing to judgement, not interrupting others, and building trust. The threshold for acting on a suicidal impulse is greatly reduced by active listening and persuasion.

Suicide is the most preventable kind of death, and almost any positive action may save a life. To persuade someone to stay alive, you must listen to the problem and give them your full attention. It is important not to rush to judgement while also offering hope in any form. The intent is to persuade them to live through gaining a good faith commitment from them to not harm themselves while also providing resources to access the proper help (counselor, physician, clergy, etc.).

To persuade an individual to stay alive:

- Ask “Will you go with me to get help?”
- Ask “Will you let me help you get help?”
- Ask “Will you promise me not to kill yourself until we’ve found some help?”
- Say “I want you to live.” or “I’m on your side, we’ll get through this.”

HEALTHY OR SAFETY REMINDER: Remember, suicide is not the problem, only the solution to a perceived unsolvable problem. Let them know you are there to listen and find help if needed. Your willingness to listen and to help can rekindle hope and make all the difference.

Almost all efforts to persuade someone to live will be met with agreement and relief. Do not hesitate to get involved and take the lead. Research shows that if people in a crisis gets the help they need, they will probably never be suicidal again. The belief that something is inevitable discourages taking any action, and only positive action can prevent suicide!

Discussion Points/Quiz Questions:

1. What are some other ways to persuade and offer hope to an individual in crisis?
2. BE THERE – Listen to the individual, let them know you are genuinely concerned, and that you take their situation seriously.
3. Once you have persuaded to live, refer them to the proper resources. (Part 4 will highlight how to refer).