



English	体中文 / Chinese (Simplified)
<p>Offering support to someone you're worried is suicidal</p> <p>One of the best things you can do if you think someone may be feeling suicidal is to encourage them to talk about their feelings and to listen to what they say.</p> <p>You might feel you need to try to provide a solution but the most important thing you can do to help is listen.</p>	<p>为您担心有自杀倾向的人士提供支持</p> <p>如果您认为有人可能感觉有自杀倾向，您可以采取的最佳措施之一是鼓励他们讨论其感觉并聆听他们的倾述。</p> <p>您可能感觉自己需要尝试提供一个解决方案，但您可以采取的对其有帮助的最重要的措施是聆听。</p>
<p>Avoid being judgemental</p> <p>You may think that certain aspects of their behaviour are making their problems worse. For example, they may be drinking too much alcohol.</p>	<p>避免评头论足</p> <p>您可能认为是他们的行为的某些方面致使其问题变得更严重。</p> <p>例如，他们可能饮用了过量的酒。</p>

<p>However, pointing this out will not be particularly helpful to them. Reassurance, respect and support can help someone during these difficult periods.</p>	<p>然而，指出这一点并不会对其特别有帮助。在这些困难的时期，安慰、尊重和支持可为他们提供帮助。</p>
<p>Warning signs of suicide</p> <p>Emotional changes</p> <p>A person may be at serious risk if they:</p> <ul style="list-style-type: none"> • talk or write about death, dying or suicide • A person may also be at risk if they: • complain of feelings of hopelessness • have episodes of sudden rage and anger • talk about feeling trapped, such as saying they can't see any way out of their current situation • have sudden mood swings • lose interest in most things <p>Behavioural changes</p>	<p>自杀的警示征象</p> <p>情绪变化</p> <p>一个人可能存在严重的风险，如果其：</p> <ul style="list-style-type: none"> • 讨论或写些有关死亡、临终或自杀的事情 <p>一个人可能也存在风险，如果其：</p> <ul style="list-style-type: none"> • 主诉有绝望感 • 有突然的暴怒和愤怒发作 • 讨论感觉到陷入困境，如提到他们无法看到其目前情况的任何出路 • 有突然的情绪波动

A person may be at serious risk if they:

- threaten to hurt or kill themselves
- actively look for ways to kill themselves
- A person may also be at risk if they:
- have episodes of sudden rage and anger
- act recklessly and engage in risky activities
- self-harm - including misusing drugs or alcohol, or using more than they usually do
- becoming increasingly withdrawn from friends and family
- appear anxious and agitated
- are unable to sleep or sleep much more than usual
- talk and act in a way that suggests their life has no sense of purpose
- put their affairs in order, such as giving away possessions or making a will

If you notice any of these warning signs in a friend, relative or loved one, encourage them to talk about how they are feeling.

- 对大多数事情失去兴趣

行为改变

一个人可能存在严重的风险，如果其：

- 扬言要自残或自杀
- 积极寻找自杀的方法

一个人可能也存在风险，如果其：

- 有突然的暴怒和愤怒发作
- 行事鲁莽并参与有风险的活动
- 自残——包括滥用药物或酒精，或使用超过常用剂量的药物或酒精
- 变得愈加远离朋友和家人
- 显得焦虑和不安

SAMH have information and advice on [how to ask if you're concerned someone is thinking about suicide](#) (PDF 484KB).

You can also ask for permission to share your concerns with their GP or if they have one, their care team.

- 无法入睡或睡眠时间比平时多得多
- 言语和行为模式提示其生命毫无意义
- 妥善处理他们的事务，如赠送财产或立遗嘱

如果您注意到朋友、亲属或所爱之人有任何这些警示征象，请鼓励他们讨论一下他们的感觉如何。SAMH（苏格兰心理卫生协会）提供有关[如果您担心有人在考虑自杀，您该如何询问对方](#) (PDF 484KB) 的相关信息和建议。

您还可以要求准许与其 GP 或其护理团队（如果他们有）分享您的顾虑。

Practical advice to support someone

[SAMH](#) has more detailed information about helping someone with suicidal thoughts.

They have specific information for:

支持相关人士的实用建议

[SAMH](#) 提供有关帮助有自杀意念的人士的更详细的信息。

他们为以下人士提供特定的信息：

- friends and family
- people supporting an employee
- people supporting a student

There is also information for how to cope when supporting someone else. It's important that you also look after your own mental health.

YoungMinds have advice and resources for parents. You can also get help from your GP or by phoning 111.

- 朋友和家人
- 为雇员提供支持的人士
- 为学生提供支持的人士

还提供有关在支持其他人士时如何应对的信息。务必记住您还应该关照好自己的心理健康。

YoungMinds 为父母亲提供建议和资源。您还可以从 GP 处或通过拨打 111 获得帮助。