

STANDARD MENTAL HEALTH FIRST AID REFRESHER APPLYING THE 3 KEY ACTIONS TO EMMANUEL



MENTAL
HEALTH
FIRST AID
Australia

You are Emmanuel's neighbour. A week ago, Emmanuel had a big fight with his wife. She packed up the kids and went to stay with her mother. After she left, you popped over to have a cuppa with Emmanuel. He seemed very down and told you he hadn't been able to get out of bed to go to work for the last few days. He smelled very strongly of alcohol.

Today, Emmanuel came over to your house, looking like a weight had been lifted off him. He brought over all his camping gear to give you, telling you he wouldn't be needing it anymore. When you ask him about how he is feeling, he tells you he has worked out a plan to make everything better.

After considering the specific warning signs for suicide, you decide to run through the three key actions with Emmanuel.

1. IF YOU THINK SOMEONE MAY BE HAVING THOUGHTS OF SUICIDE, ASK THEM DIRECTLY.

*How would you introduce the topic of suicide? What observations would you share?
What are the words you would use? How would you assess the urgency? How would you ensure calm, empathic communication?*

Emmanuel tells you that he is thinking about killing himself.

2. WORK TOGETHER TO KEEP THE PERSON SAFE FOR NOW.

What sort of things might you do to help keep Emmanuel stay safe? What might you say?

3. LINK THEM WITH PROFESSIONAL HELP.

Who will you link Emmanuel in with? How? What will you do if Emmanuel is reluctant to get help? In what circumstances would you call emergency services?