

I listen ...



I ask ...



I get help ...



... when someone has suicidal thoughts!

Do that
yourself
too!

More information at:
www.papageno.tips



When everything gets too much!
Suicide - a taboo subject



Telefon-
seelsorge
Vorarlberg

142

Facts

Every year about 1,300 people commit suicide in Austria. That's more people than die in traffic accidents.

Suicidal thoughts occur quite often, especially in crisis situations or when fate deals a blow. Those affected are often unable to share their burdens and get suitable help.

Talking can save lives!

Signals

Most people considering suicide signal this to others either directly or indirectly, often even several times.

- When someone talks about suicidal thoughts.
- When someone cuts themselves off or withdraws.
- When someone is in a crisis situation and/or falls into depression.
- When someone gives away items of personal value.

I listen ...

- Take your colleague's thoughts seriously and take time to listen to them.
- Encourage the person affected to speak up. It is important simply to listen, to remain calm and be receptive to what they say.
- You mustn't give any tips or try to solve problems. Being there for the person is simply enough.
- Many affected people report that they regained hope after being able to confide in someone.

You could, for example, ask:

"Would you like to tell me about your problems?"

"How long have you been thinking about not wanting to carry on living?"

... do that yourself too!

I ask ...

- If you feel that a work colleague might be having suicidal thoughts, take that seriously and be sure to address it.
- Say straight out that you feel they aren't OK and that you're worried for them.
- Many affected people are afraid of talking about suicidal thoughts – so it's important that you take the first step and raise the issue.
- Many affected people are happy when someone asks them what's going on and simply listens to them.

The following sentences help:

"I feel that things are going really badly for you. Are you thinking about taking your own life?"

"I'm worried about you and would really like to help."

"Is your pain so great that you no longer want to carry on living?"

"Would you like to tell me more about these thoughts?"

... do that yourself too!

I get help ...

- When someone talks about ending their life then they are certainly overwhelmed by the situation.
- You must not try to find solutions to their problems, nor can you take responsibility for the person's life.
- Call for help if needed.
- Encourage the affected person to get professional help.
- There are many bodies in Austria that can help (see „Free and anonymous help“).

You could, for example, suggest the following:

"I'd like to help you. There's a counselling centre nearby. Shall we go there together?"

"We can find professional help together so that you won't feel in pain and can feel better again."

... do that yourself too!

Free and anonymous help

Telephone counselling

Phone number: 142
Online advice: www.142online.at/onlineberatung

ifs Vorarlberg - Institute of Social Services

Phone numbers:	Bludenz	05 1755 560	Bregenz	05 1755 510
	Dornbirn	05 1755 530	Feldkirch	05 1755 550

Social psychiatric service

Phone numbers:	Bludenz	05 0411 670	Bregenzerwald	05 0411 686
	Bregenz	05 0411 690	Dornbirn	05 0411 685
	Feldkirch	05 0411 680		

Crisis hotline

Phone number: 116 123

Crisis intervention centre

Phone number: 01 4069 595

More information and tips at:

Papageno - first aid for mental health
www.papageno.tips



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gpa MEINE
GEWERKSCHAFT

 STIFTUNG MARIA EBENE
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