

## 🛬 Self-Harm & suicide: How you can help.

**Encouraging social support** can help reduce the risk of self-harm & suicide.

1. Help people recognise what support is available

Social support can help people feel connected, valued, and **hopeful**, and it provides purpose.

Why? – Social support is a protective factor for self-harm & suicide.



2. Encourage contact with friends, family, and others

With consent & security clearance, they can be included in ACCT discussions.

**How?** – Encourage telephone calls, visits, and letter writing, etc.



3. Contribute to a reduction in harm

## Which means:

- less self-harm,
- fewer open ACCTs,
- fewer case reviews.



We can help reduce the risk of self-harm & suicide today. You can help keep people safe.