

SUICIDE INTERVENTION

It is possible that a woman may call the hotline who is thinking about committing suicide. Her thoughts of killing herself are likely to be related to being raped or to being involved in an abusive relationship. But, someone outside of these situations may call for help on the Hotline. A list of possible motivations include:

- wanting to escape from intolerable situation
- wanting to join deceased loved one
- wanting to gain attention
- wanting to manipulate others
- wanting to avoid punishment for a crime
- wanting to be punished for a crime
- wanting to control when death will occur
- wanting to end an "unresolvable" conflict
- wanting to become a martyr
- wanting to punish survivors
- wanting revenge

Some things not to do while talking with a suicidal caller:

- don't sound shocked by anything the person says
- don't stress the shock/embarrassment that the suicide would be to the surviving family
- don't argue with the caller.

Some strategies to try while talking with a suicidal caller:

- listen
 - emphasize alternatives
 - emphasize temporary nature of crisis
 - remain calm and understanding
 - rephrase/restate information
 - ask constructive questions to separate problems/cut confusion
 - probe for sources of strength/support (family, friends)
 - assess lethality of situation (more information below)
 - contact with call (example: ask caller to call back later or the next day or to call back she if moves closer to killing herself)
-