

Important information

Suicide is an emotional issue and we would urge people to seek support if they become distressed during or after the Tweetchat. Please see the list of suggested post chat resources.

Request regarding use of language during the chat: Suicide is a very emotive subject and the reasons for this Tweetchat is to start to have conversations about suicide which will also break down stigma. This means the use of language is very important, this image from Mindframe helps explain:

Consider the language you use

Certain ways of describing suicide can alienate members of the community or inadvertently contribute to suicide being presented as glamorous or an option for dealing with problems. Some suggestions are provided below.

Issue 	Problematic 	Preferred 
Language that presents suicide as a desired outcome ²⁴	'successful suicide', 'unsuccessful suicide'	'took their own life', 'ended their own life', 'died by suicide'
Phrases that associate suicide with 'crime' or 'sin' ²⁴	'committed suicide', 'commit suicide'	'died by suicide', 'took their own life'
Language that glamorises a suicide attempt ²⁴	'failed suicide', 'suicide bid'	'made an attempt on his life', 'suicide attempt', 'non-fatal attempt'
Phrases that sensationalise suicide ²⁴	'suicide epidemic'	'higher rates', 'increasing rates', 'concerning rates'
Gratuitous use of the term 'suicide' out of context	'suicide mission', 'political suicide', 'suicide pass' (In sport)	refrain from using the term suicide out of context

Based on Mindframe <http://www.mindframe-media...>

Please consider reading [Samaritans media guidelines](#)

Useful post chat resources:

- RCGP Suicide Prevention [e-learning course](#)
- RCGP/RCPsych [Suicide Mitigation in Primary Care Fact sheet](#)
- Staying safe if you're not sure life's worth living- [Practical, compassionate advice & links for people in distress](#)
- [U Can Cope 22m film and online resources](#) are designed for people in distress and those trying to support them to instil hope, promote appropriate self-help and inform people regarding useful strategies and how they can access help and support

Additional references

- WHO launched its 1st Action Plan 2014 '[Health-care services need to incorporate suicide prevention as a core component](#)'
- The second Department of Health report '[Preventing suicide in England: two years on - second annual report on the cross-government outcomes strategy](#)'
- [BMA Blog](#)
- [Nursing Times article](#)