



Roses in the Ocean

stemming the tide of suicide

My Personal Readiness, Language and my Self Care Plan

What impact does talking about your lived experience of suicide have on you mentally, emotionally, physically?

To what extent does your experience with suicide contribute to your sense of self? How is this different to your sense of self before suicide entered your life?

Are there particular times when you know you fell more vulnerable?



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Talking about suicide – A Guide to language

It is widely accepted that the inappropriate use of language when describing suicide can have a significant impact on people who have a lived experience of suicide, and is often attributed to fueling the stigma, prejudice and fear that we still experience surrounding suicide. This in turn can prevent people from seeking help, and indeed reaching out to help others too.

At every opportunity it is important that we improve the suicide literacy of the community including the use non-stigmatising language when discussing suicide.

The following short guide below outlines alternative language.

☒ Stigmatising Terminology	🗨️🗨️ Appropriate Terminology
Committed suicide	Died by suicide
Successful suicide	Suicided
Completed suicided	Ended his/her life Took his/her own life
Failed attempt at suicide	Non-fatal attempt at suicides
Unsuccessful suicide	Attempt to end his/her life

Table taken from *Suicide and language: Why we shouldn't use the 'C' word*, by Susan Beaton, Dr Peter Forster and Dr Myf Maple. Published in *InPsych*, February 2013, and available online at <http://www.psychology.org.au/Content.aspx?ID=5048>.

For a more in-depth guide to discussing suicide visit **Conversations Matter**, a practical online resource to support safe and effective community discussions about suicide at www.conversationsmatter.com.au.



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Your Self-care Plan

Adapted from a Suicide Prevention Australia resource.

Participating in suicide prevention activities relating to your personal experiences can be challenging, your reactions can be different from time to time. Even when discussions and activities are constructive they can bring back memories or trigger emotions. These reactions may occur as you prepare to be involved, while participating, or even in the days or weeks afterwards.

It can help to have thought through ways to cope with stress, memories or emotions before they arise. Use this plan to note down some healthy coping strategies that you can call on if you need them.

Three positive coping strategies I can use if I'm stressed or distressed:

Examples: write in a journal; call a friend/family member/mental health professional; connect with the natural world/environment

1.	
2.	
3.	

Three things I can do to relax.

Examples: Go for a run/walk; watch a comedy; meditate.

1.	
2.	
3.	

Three people, professionals and/or services I can call if I need to talk.

	NAME	PHONE NUMBER
1.		
2.		
3.		