

ROLE OF A COUNSELLOR IN ASSESSING SUICIDAL TENDENCIES AND SELF-HARM IN SURVIVORS

- **Help survivor open up and talk, give her space and time to tell you details**
- **Let the survivor know she is doing the right thing by sharing her thoughts**
- **Reassure survivor that she is not to blame for what happened**
- **Help survivor devise a safety plan by:**
 - Helping identify triggers**
 - Helping identify coping strategies**
 - Helping understand support systems available**
 - Sharing numbers of services that can be accessed in case the need arises**
- **Developing a narrative of hope**
- **Referring survivor for treatment and care if needed**

**STOP THE STIGMA
SUPPORT MENTAL HEALTH AWARENESS**