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