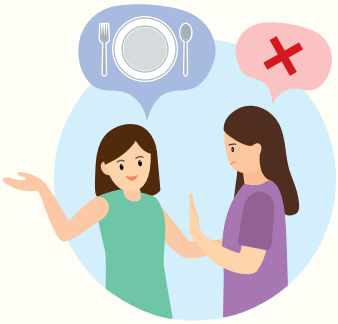
Supporting a Loved One with Suicide Risk



1 Recognise the Warning Signs

Watch out for:

- Talking about the wish to die or die by suicide
- Expressing the feeling of hopelessness or being a burden
- Withdrawing from people or activities
- Experiencing significant changes in sleep, appetite, mood or behaviour
- Giving away prized possessions
- Having an increased alcohol or substance use

2 Start a Conversation

- Listen with care and without judgment
- Ask directly about whether he/she has suicidal thoughts
- Reassure him/her that he/she is not alone

3 Encourage Early Help-seeking

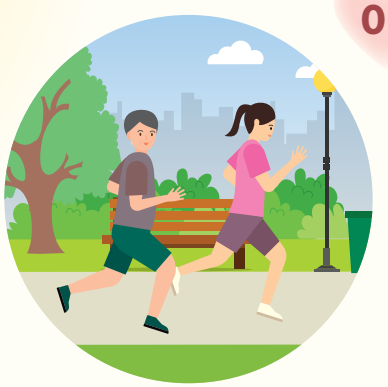
- Encourage him/her to seek professional help
- Assist in scheduling appointments
- Stay involved in providing care

4 Ensure Safety

- Do not leave the individual alone if the suicide risk is high
- Remove or secure harmful items
- During emergencies, call 999 or attend the Accident and Emergency (A&E) Department of a hospital for assistance

5 Provide Ongoing Support

- Stay connected and check in regularly
- Encourage a healthy daily routine
- Offer emotional and practical support



For more information, please click here

24-Hour Hotlines

Name of Organisation	Contact information Telephone WhatsApp SMS
18111 - Mental Health Support Hotline	Multilingual, supporting 12 languages 18111 18111
The Samaritan Befrienders Hong Kong	2389 2222 (Chinese) 2389 2223 (English) 5779 7356
Suicide Prevention Services	2382 0000
The Samaritans Hong Kong	2896 0000 (Multilingual)

Supporting a Loved One with Suicide Risk

Supporting a Loved One with Suicide Risk: Practical Strategies for Family Members

"Shall We Talk" Website

陪我講 SHALL WE TALK

香生防護中心 Centre for Health Protection

衞生署 Department of Health

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