

Te Awamutu Bible Chapel (TABC) Suicide Discloser Policy and Procedure

Practice Policy for discussion with a person who has disclosed suicidal ideation

Any suggestions a person may make about feeling like suicide, wanting to kill themselves or “not wanting to be here” requires further discussion and investigation.

Be direct about asking them if they want to kill themselves.

Ask if they have a plan

How long have they been feeling like this?

Does anyone else know they feel this way?

Who are the people that know?

What have they tried to do about this, what help have they had? Have they talked to a professional about this e.g. a G.P. psychologist etc.

It is appropriate at this stage to refer on immediately.

Explain to the person you need to tell someone else as it is part of the practice procedures we have in place at TABC. If the person who is hearing the disclosure is a young person it would be best at this point for them to involve an older adult from the team and explain this is mandatory practice. (This could also be a pastor, supervisor of the ministry or a counsellor).

Suggest they nominate a person in their life you can talk to about the disclosure.

Assure them about confidentiality other than who absolutely needs to know. If it is a person 17 and under this needs to be a family member unless they are already living independently then it is up to your discretion and what you both think will work best.

If they say they have told someone else it is still best to check this out and ask to talk to the person who knows.

Many people become distressed when it is suggested someone else needs to know. Regardless of this and with gentle encouragement most people come round to realising they need help and it is your responsibility to alert family or friends about their illness. In fact it can be a relief for many to unburden themselves and have others involved. This is especially true for our young teens.

Encourage the nominated person to seek help from a professional for this person if this hasn't already happened.

Helen Morris (counsellor at TABC) is available for consultation about any disclosure made to staff and ministry leaders.