

## Toolkit for Family and Friends

Please see below a selection of resources that can help you to understand, support and care for a family member or friend who you feel may be at risk of suicide or who has expressed suicide ideation.

### Reaching Out

Bear in mind that getting anyone, autistic or not to open up and talk about their feelings / worries / issues they may be having can be a struggle. Make time to listen, join in with their activity, run errands – a car journey avoids direct eye contact and can make it less intense, try to avoid questions that will give you one-word answers like yes, no and fine. Possibly use “tell me about” “why” “how” “what do you think about...” to start off a conversation and get someone to open up

### Self Care

If this is something that is affecting you personally please do not underestimate the stress it will be causing you and your friends and family and also seek help to take care of yourself so you can provide the most effective support.

Take time to talk to professionals or people who can be objective, if you are able to go for a walk and get some fresh air great, if not, try mindfulness breathing techniques and try to reset your thoughts. Do not struggle alone, the resources attached are to support both you and your loved ones.

### **Trust your instincts.**

If you suspect someone is immediate danger please call 999 Or call the Samaritans on 116 123 who will listen without judgement.

### Resources

**Website title:** Coping strategies from Mind

**Website Description:** These are some coping strategies recommended by the national mental health charity, Mind.

**Website Link:** [What can I do to help myself cope - Mind](#)

The Here to Help 'resources', which include but are not limited to, website, information sheets, and in person workshops are intended to provide general information only. The 'resources' provided by 'Here to Help' do not replace, or supersede, professional and/or medical advice. Users should take professional advice before taking action which contradicts previous medical guidance. So far as permissible by law, SJOG does not accept any liability related to individual's use or interpretation of the 'resources' provided.

Whilst we have selected some resources from other organisations which we believe will be helpful, we accept no liability for the content of these resources.'

Although SJOG have taken all reasonable precautions to ensure that the 'resources' provided are accurate, neither SJOG or any of its employees, can be held responsible for the direct or indirect actions taken by users following engagement with Here to Help 'resources'.

**Website title:** Autism and mental health- Mind

**Website Description:** This website provides information about autism and mental health by the national mental health charity, Mind.

**Website Link:** [Autism and mental health - Mind](#)

**Website title:** Crisis Tools

**Website Description:** Crisis is a free platform including guides, courses and e-learning co-produced by young people and mental health professionals. It is useful for anyone who supports young people with their mental health.

**Website Link:** [Register - Crisis Tools](#)

**Website title:** Suicide & Co

**Website Description:** Suicide and Co provide 12 sessions of free counselling to anyone 18+ who has been bereaved by suicide in England or Wales.

**Website Link:** [Suicide&Co | Support after Suicide Bereavement \(squarespace.com\)](#)

**Website title:** Autism Central

**Website Description:** Parents and carers of autistic children, young people and adults can find out about autism and services available. This website has its own resources, one-to-one chat to find local support, and virtual support groups.

**Website Link:** <https://www.autismcentral.org.uk/>

**Website title:** Counselling Changes Lives

**Website Description:** – this link will find a local counsellor

**Website Link:** [| BACP](#)

**Website title:** National Autistic Society

**Website Description:** Information on why there is a higher rate of suicide amongst people with autism and what support is available

**Website Link:** [National Autistic Society](#)

## Local Support

If you live in the Teesside region – the local Mental Health Support teams for people who have autism include:

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**Tees Esk Wear Valley (TEWV) – 0300 013 2000**  
**Daisy Chain – 01642 531248**  
**MAIN – 01642 608012**

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