

****Dos and Don'ts for Caregivers of Suicidal Patients****

****Dos:****

1. ****Stay Calm and Supportive:**** Maintain a composed demeanor to provide a reassuring presence.
 2. ****Listen Actively:**** Offer a non-judgmental ear and allow them to express their feelings.
 3. ****Create a Safe Environment:**** Keep sharp objects, acids, phenyl, Harpic, long ropes, and medicines under lock and key.
 4. ****Develop a Crisis Plan:**** Have clear steps for what to do and who to contact in an emergency.
 5. ****Encourage Professional Help:**** Ensure they attend regular therapy and take prescribed medications.
 6. ****Check-In Frequently:**** Maintain regular contact, both physically and emotionally, and check on them often, including when they are in the bathroom if they spend more time than usual inside.
 7. ****Involve Trusted People:**** Engage family and friends to create a strong support network.
 8. ****Use Community Resources:**** Utilize local mental health services and support groups.
 9. ****Educate Yourself:**** Learn about mental health to better understand their condition.
 10. ****Take Care of Yourself:**** Ensure your own well-being so you can provide effective care.
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****Don'ts:****

1. ****Don't Ignore Warning Signs:**** Never dismiss talk of suicide, drastic mood changes, or withdrawal from activities.
2. ****Don't Be Judgmental:**** Avoid criticizing or blaming them for their feelings or actions.
3. ****Don't Leave Them Alone:**** Especially during a crisis, ensure they are not left unattended.
4. ****Don't Promise Secrecy:**** Never agree to keep suicidal thoughts a secret; seek professional help.
5. ****Don't Overwhelm Them:**** Avoid bombarding them with questions or advice; be gentle and patient.
6. ****Don't Neglect Professional Advice:**** Always follow the guidance of mental health professionals.
7. ****Don't Underestimate Your Role:**** Recognize the impact you can have and take your responsibilities seriously.
8. ****Don't Avoid the Topic:**** Address their feelings directly and compassionately without fear of making it worse.
9. ****Don't Forget Emergency Contacts:**** Always have essential phone numbers handy for immediate help.
10. ****Don't Neglect Self-Care:**** Avoid burnout by taking regular breaks and seeking support for yourself.

By following these guidelines, you can provide effective support and help create a safer environment for your loved one.