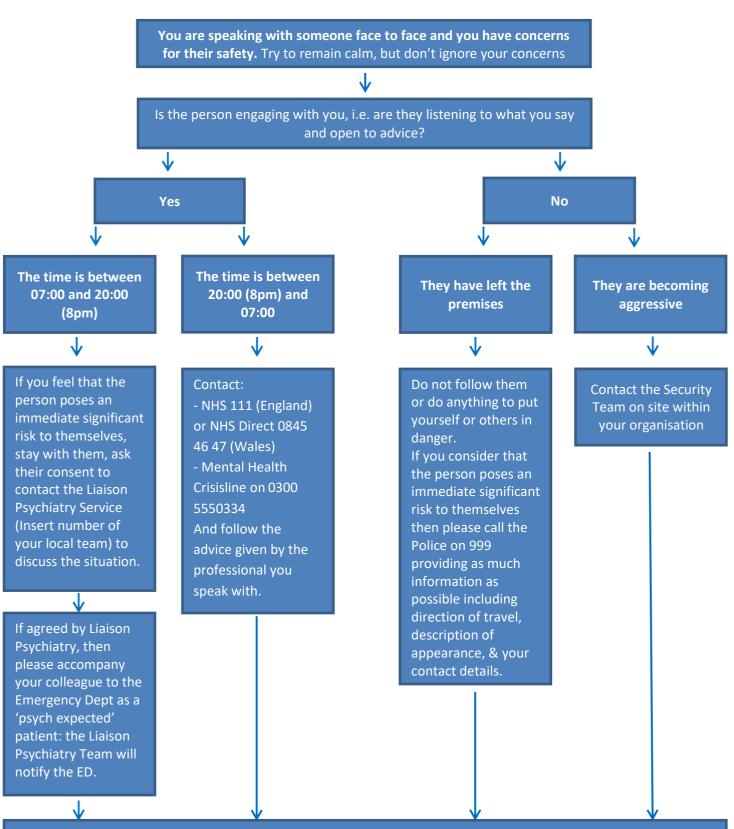


What to do if a colleague tells you they might harm themselves.

This side explains what you should do if you <u>are actually with the person.</u>

NB: The reverse side explains what you should do if you are <u>not</u> with the person (e.g. instead you are speaking on the phone).



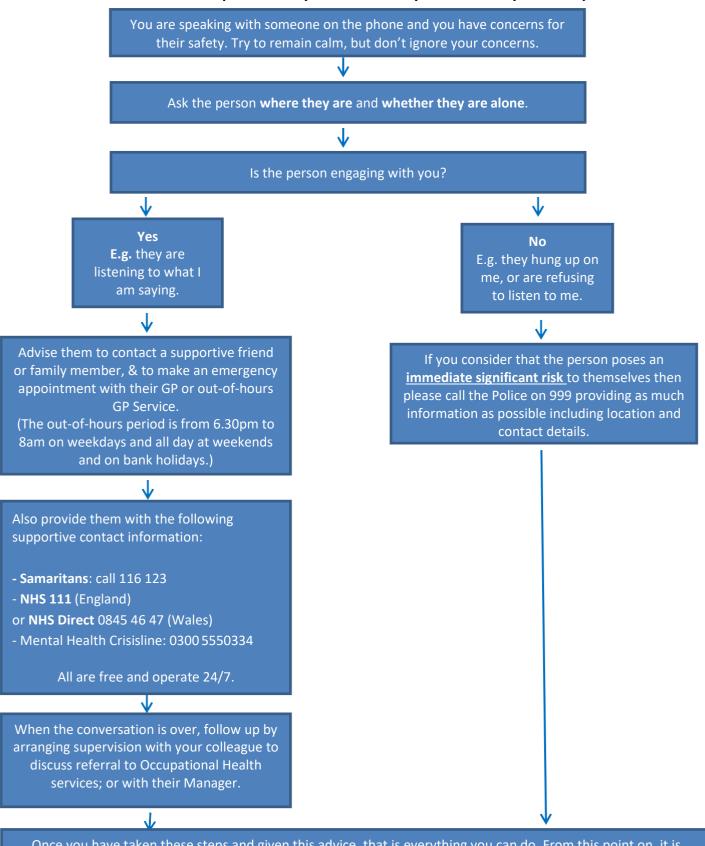
Once you have taken these steps and given this advice, that is everything you can do. From this point on, it is important to look after yourself. It can be very stressful and upsetting hearing someone talking about harming themselves, so ensure you have someone to talk to, and seek support.



What to do if a colleague tells you they might harm themselves.

This side explains what you should do if you are <u>not with the person</u> (e.g. instead you are speaking on the phone).

NB: The reverse side explains what you should do if you are actually with the person.



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