

Helping Others (Referral process)

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Confidentiality

We assure you of complete confidentiality

- To protect their rights as an individual
- Take their consent to keep records
- Provide information to any third party only after getting their consent

This service is completely confidential unless there is a risk to:

- Themselves
- Others
- Their co-workers/Friends/Family

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Signs of stress (Psy)

- Negative thoughts
- Difficulty making decisions
- Irritability or anger
- Worry and anxiety
- Restlessness
- Nicotine and/or alcohol intake
- Difficulty sleeping /oversleeping
- Eating more / less
- Inability to Concentrate
- Withdrawing from social contact



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Signs of stress (Physical)

- Weight loss / gain
- Headaches/Backaches
- High Blood Pressure
- Skin disorders
- Muscle pains
- Nervous 'tics'
- Constant fatigue
- Frequent minor illnesses
- Chronic indigestion
- Gastric ulcers
- Asthma Attacks
- Loss of libido



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Helping someone – Understanding Self Harm

What

- Cutting
- Burning
- Hitting
- Picking at the skin
- Pulling hair
- Biting
- Carving

Why

- To escape their feelings
- To cope with life stressors
- To express their pain
- To punish themselves (low SE,CS)
- To feel euphoria.(endorphins)

Warning Signs

- Many cuts/burns on the wrists, arms, legs, back, hips, or stomach
- Wearing baggy or loose clothes (e.g., wearing hoodies or long sleeves during hot days to conceal the wounds)
- Always making excuses for having cuts, marks or wounds on the body
- Finding razors, scissors, lighters or knives in strange places (i.e., the nightstand drawer or under the bed)
- Spending long periods locked in a bedroom or bathroom (Rapid Mood changes)
- Isolation and avoiding social situations

What to say & What to do -Self Harm

- Ask how they are feeling
- Do not be judgmental
- Be supportive without reinforcing their behaviour.
- Educate yourself about self-harm.
- Acknowledge their pain.
- Do not promise confidentiality.
- Do not avoid the subject.
- Do not focus on the behaviour itself.
- Encourage them to seek professional help

Treatments Options

- CBT (Anxiety/Depression)
- DBT (Self sabotage)
- PST (Alt Solutions)

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Helping someone – .. Preventing Suicide

How

- Hanging (M)
- Drug Overdose (W)
- Knife/Scissors (W)
- FireArms (B)

Why

- They are depressed
- They are Psychotic
- They're Impulsive
- Crying Out for Help
- Philosophical desire to die
- They've made a mistake

Facts

- Suicide is the voluntary and intentional act of taking of one's life
- Men are four times more likely to die from suicide than women, but women attempt suicide more often during their lifetime.
- Suicides may occur without any warning signs, most people who are suicidal do give warnings

Warning Signs

- Increasing their alcohol and/or other drug use
- Taking unnecessary risks and impulsivity
- Threatening suicide and/or expressing a strong wish to die
- Exhibiting rage and/or anger
- Fascinating over or preoccupying oneself with death
- Talking about feeling hopeless or having no reason to live
- Talking about being a burden to others
- Isolating or withdrawing oneself
- Displaying mood swings
- Telling loved ones goodbye
- Setting one's affairs in order
- Giving things away, such as prized possessions
- Referring to death via poetry, writings and drawings
- Changing eating or sleeping patterns
- Declining in performance

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Common feelings and reactions -Suicide Attempt

- **Anger:** How could they do this to us?
- **Shame:** I have to keep this secret.
- **Guilt:** Didn't I love/watch/listen to them enough?
- **Fear:** Will they try again?
- **Avoidance:** If we pretend this didn't happen, it will go away.
- **Minimalisation:** They are just trying to get attention.
- **Cutting off:** This is not my problem – someone else can deal with it.

Unhelpful reactions to a suicide attempt

- **Panicking:** "This can't be happening. I don't know what to do – what do we do?"
- **Name-calling:** "You're a real psycho."
- **Criticising:** "That was such a stupid thing to do."
- **Preaching or lecturing:** "You know you shouldn't have done that; you should've asked for help."
- **Ignoring:** "If I just pretend this didn't happen, it'll go away."
- **Abandoning the person:** "I can't take this, I have to leave."
- **Punishing the person:** "I'm not talking to them until they straighten themselves out."
- **Dramatising:** "This is the worst possible thing you could have done!"
- **Simplifying things or using a 'quick-fix' approach:** "You just need some medication, and then you'll feel yourself again."
- **Being angry or offended:** "I can't believe you'd try that!"
- **Making the person feel guilty or selfish:** "How did you think this would make me feel?"

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What to ACTUALLY say

To someone who has attempted suicide

- ☑ I'm sorry you've been feeling so awful. I'm so glad you're still here.
- ☑ I'm here for you. Remember that you can always talk to me if you need to.
- ☑ I want to help you. Tell me what I can do to support you.

Telling other people about it

Don't be Fear of Judgement

- ☞ Choose how much to tell
- ☞ Prepare in advance

Looking after yourself

It's Emotionally draining, stressful /exhausting

- ☑ Don't deal alone (friend/family)
- ☑ Consider counselling(support group)

Referrals

You may encourage a colleague or team member to use the service if you see them, experiencing difficult personal circumstances or showing signs of stress.

