

Title:

How To Deal With A Suicidal Person - A Five-Point Suicide Prevention Plan

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543

Summary:

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A five-point suicide prevention plan, dubbed SUPER, is presented below:

1. Savoring love. The social support system of the person with suicidal thoughts must let the

Keywords:

Article Body:

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A five-point suicide prevention plan, dubbed SUPER, is presented below:

1. Savoring love. The social support system of the person with suicidal thoughts must let the

He may need reassurance of the love and support of his loved ones; and these people must know

Under this step, the person and his family and/or social circles may organize bonding activities

2. Uncovering underlying causes. It must be understood that suicide may only be the so-called

3. Problem-solving. For cases that may not involve other psychological illnesses such as depression

As what Gerald Davidson, John Neale and Ana Kring explained in the article found in Abnormal Psychology

4. Establishing contacts. It will be wise to give the person numbers of suicide service centers

5. Rediscovering the joy of living. Suicidal persons may have forgotten the joy of living that

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