

# SUICIDE PREVENTION STARTS WITH CONNECT PREVENT RESPOND

## A Community Approach to Saving Lives

CPR stands for Connect, Prevent, Respond — a simple, compassionate framework designed to help individuals, families, and communities recognise and respond to suicidality.

### Step 1

#### Connect

- Listen without judgement.
- Ask directly about feelings, including suicidal thoughts.
- Support individuals by involving Carers, friends, and family.

*"Are you okay? I'm here to listen."*

### Step 2

#### Prevent

- Understand the person's situation and risks.
- Promote hope, belonging, and purpose.
- Strengthen protective factors like social support, hobbies, and cultural identity.

*"Let's talk about what helps you feel safe and supported."*

### Step 3

#### Respond

- Stay calm and offer immediate support.
- Create a safety plan together.
- Know where to refer: GP, crisis team, helplines, or emergency services.

*"You're not alone. Let's make a plan together."*



Download the StayAlive app.

Please use the QR code to connect with downloadable resources that may be helpful to a service user.

