

Consistent Language meeting statement



Suicide prevention in Wales is everyone's business and requires effective, integrated community approaches.

Language reflects our attitudes and influences the attitudes of others. For the purpose of this meeting and ongoing work to prevent suicide and self harm **we encourage** the use of appropriate and consistent language recognising that suicide is a tragedy for all concerned and is a cause of distress for many people.

The phrase committed suicide pays attention to an era when suicide was considered a sin or a crime. In 1961 suicide was decriminalised in the UK. **We encourage you to** replace committed suicide with **died by suicide** or **death by suicide**.

Successful or unsuccessful attempts are considered poor choices of language as they imply an achievement or something positive despite the tragic outcomes. **We encourage you to** replace successful attempt with **death by suicide** and unsuccessful attempt with **suicide attempt**.

Talking and asking about suicide does not increase risk of suicide. However, we do recognise that providing detailed information including method can increase risk. It is important to respect the confidentiality of those with lived experience and we recognise that sharing detailed information could lead to individuals being identified. **We ask that detailed information is not shared**, particularly regarding method, sites of concern, or any level of information that risks being identifiable.

We encourage you to help break the stigma around suicide therefore individuals living with suicidal ideation will be known as a person living with **suicidal thoughts or behaviours**.

We recognise the impact suicide can have on individuals and **we encourage you to** be aware of **your own self-care** and to seek support when needed.

