Spotting the warning signs

There are some key warning signs that may suggest that a friend or a loved one is at risk of suicide, particularly if the behavior is new or is related to a painful event, loss, or change.

- Are they writing about wanting to die or kill themselves?
- Expressing feelings of hopelessness or having no reason to live?
- Talking about feeling vulnerable, trapped or being a burden to others
- Saying negative things about themselves
- Talking about seeking revenge

Many people will seek support before attempting suicide to show others they are in pain. Visit Mind.org.uk for advice on how to support someone who feels suicidal.

Taking immediate action

All threats of harm to life should be taken seriously:

- Report to the police or local authority if they are in immediate danger, giving as much information about the situation.
- Speak to a trusted adult to raise concerns and seek help.
- Alert their family and friends so they can offer support.
- If it is a close friend, encourage children to:
  - Have a conversation with the person to offer messages of encouragement and support. Visit www.samaritans.org/difficultconversations for guidance.
  - Encourage their friend to contact counselling services such as Childline, Papyrus or Samaritans.
- Helping someone with suicidal thoughts can have a big impact on your child, so ensure you discuss how they are feeling and give them the support they need.

How to report suicidal content on social media

Equip children on how to take action if they’re worried about someone who may have posted suicidal content on social media with our guide.

internetmatters.org
Helping parents keep children safe online
Reporting suicidal content on social media

Facebook suicide prevention

Report on desktop:
Visit Facebook Help centre ‘Report suicidal content’ page and follow the steps to report the content:

Step 1: Select the three dots at the side of the post
Step 2: Click on the option to ‘Give feedback on this post’
Step 3: Choose ‘Suicide or Self-injury’ option on the page, enter a message if needed and select ‘Send’

Report on mobile:

Step 1: Select the three dots at the side of the post
Step 2: Select ‘Report post’
Step 3: Select ‘I don’t think it should be on Facebook’
Step 4: Select ‘Something else’
How to report suicidal content on social media

**Step 5:** Select 'It shows someone harming themselves or planning to harm themselves'

**Step 6:** Choose what you would like to do to support

**What happens next?**
The reported user will get a message with options to reach out to a friend or get tips and support.

**Reporting on Instagram**
Visit Instagram Help Centre for support

**Report on desktop:**

**Step 1:** Select three dots at the bottom of the post

**Step 2:** Select the options to ‘Report as inappropriate’

**Step 3:** Select ‘This puts people at risk’ option

**Step 4:** Select ‘Self harm’

**Step 5:** You will get a message to advise that the process is complete
How to report suicidal content on social media

Report on mobile:

Step 1: Tap the three dots at the side of the post

Step 2: Tap ‘Report’

Step 3: Tap ‘It’s Inappropriate’

Step 4: Tap ‘Self injury’

Step 5: Tap ‘report’

What happens next?

By flagging the post anonymously, your child’s friend will be sent a support message that reads, “Someone saw one of your posts and thinks you might be going through a difficult time. If you need support, we’d like to help.”

They will be taken to a list of support options, which includes a suggestion to message or call a friend, access more general tips, and support or contact a help line.

The app also directs users to the support message if they search for certain hashtags associated with harmful behaviours like eating disorders.
How to report suicidal content on social media

Reporting on Snapchat
Visit Snapchat Support page to report

- **Step 1:** Tap my friends and choose your friend from the list to see the menu and tap ‘Settings’
- **Step 2:** Tap ‘Report’
- **Step 3:** Tap the ‘Mean or inappropriate Snaps’ option and submit

What happens next?
Once you have reported anonymously, action will be taken on a case by case basis. Unlike Facebook and Instagram there is no clear procedure of how users are contacted following a report.

Reporting on Twitter
Visit Twitter Help Centre about self-harm and suicide for support
Visit https://help.twitter.com/forms/suicide and file a ticket with Twitter and report.

- **Step 1:** Tap the arrow at the side of the tweet
- **Step 2:** Select ‘Report Tweet’ from the list of options
- **Step 3:** Select ‘It’s abusive or harmful’ option
- **Step 4:** Select ‘This person is encouraging or contemplating suicide or self-harm’
- **Step 5:** Choose from the option who is at risk
- **Step 6:** Add more information if required in the field and press ‘send report to Twitter’

What happens next?
Once Twitter has assessed the report they will get in touch with the reported user and let them know that someone who cares for them has raised a concern that they might be at risk. They will also provide the person with support resources and encourage them to seek help.
How to report suicidal content on social media

Reporting on YouTube

If your child comes across a video about suicide, self-injury or depression encourage them to flag the video or comment on YouTube.

Report on desktop:

Follow these steps to flag a video:

Step 1: Ensure you are logged into your account. Below the player for the video that you want to flag, click the three dots symbol and choose Report.

Step 4: Select ‘Harmful dangerous acts’ from the options and in the next box tap ‘Suicide or self-injury’ and click next.

Step 5: Provide any additional details that may help the review team make their decision, including time stamps or descriptions of the violation.

Report on mobile:

Step 1: Make sure you are logged in, tap the video to see the three dots symbol and tap it.

Step 2: From the menu tap ‘Report’.

Step 3: Select ‘Harmful dangerous acts’ from the options and tap report.
How to report suicidal content on social media

Follow these steps to flag a comment:

Step 1: Go to the comment that you’d like to report. Click the three dots at the side of the comment.

Step 2: Click Report spam or abuse.

Step 4: Select the reason for flagging.

What happens next?

YouTube will reach out to the person with resources to support them and works with suicide prevention agencies to help when possible.

Reporting on Tumblr

Step 1: To report simply email support@tumblr.com or abuse@tumblr.com and provide as much information about the person as possible including any screen grabs of the content on the account.

Step 2: You can also report promotion of self-harm content through their online form: https://www.tumblr.com/abuse/selfharm

What happens next?

A member of Tumblr’s Safety Team will send the user an e-mail with advice of where to get further help and support.