

# WHEN YOU SUSPECT THAT SOMEONE WOULD RATHER BE DEAD.

STORYBOARDS THAT CAN  
BE VALUABLE IN SUICIDE  
PREVENTION TO START  
A CONVERSATION  
WITH EACHOTHER,  
AS CAREGIVERS.

August 2023

  
trajectum



The logo features a small, stylized icon above the letter 'j' in the word 'trajectum'. The icon is a yellow-green triangle pointing downwards, with a white triangle pointing upwards, creating a diamond-like shape.

# trajectum

[www.trajectum.nl](http://www.trajectum.nl)

ENGAGE IN A CONVERSATION ABOUT SOMEONE WHO SHOWS  
HE OR SHE WOULD RATHER BE DEAD.

WHAT HELPS BEST AT SUCH A MOMENT IS WHEN  
THAT PERSON MEETS A CAREGIVER WHO NOTICES THE SIGNALS,  
WHO TAKES TIME AND LISTENS,  
WHO JUST ASKS,  
WHO HAS NO FEAR AND JUDGEMENT,  
WHO DARES TO FACE THE DESIRE FOR AN END TO THIS LIFE.

THAT PERSON NEEDS SOMEONE WITH WHOM HE OR SHE  
CAN REALLY CONNECT WITHOUT GOING ALONG WITH  
THE DEATH WISH.

IT HELPS WHEN YOU CAN FACE YOUR EXPERIENCES  
AROUND DEATH IN YOUR OWN LIFE, YOUR OWN GRIEF AND  
FEARS.

THIS SERIES OF IMAGES ARE DESIGNED TO FACILITATE  
A CONVERSATION ABOUT DESPAIR, DEATH AND DEATH LOOMING.  
THE SERIES ARE DESIGNED TO STAND STILL FOR A MOMENT,  
TO LISTEN, TO CONNECT, AND ENCOURAGE TO GO TELL.  
WITH YOURSELF, YOUR TEAM, AND THAT PERSON.

IF YOU HAVE QUESTIONS,  
PLEASE GET IN TOUCH WITH THE PSYCHOLOGIST/THERAPIST  
(OR BEHAVIORAL SCIENTIST) WHO IS AFFILIATED WITH  
YOUR TEAM.

TEUNIS VAN DEN HAZEL  
CLINICAL PSYCHOLOGIST,  
PSYCHOTHERAPIST

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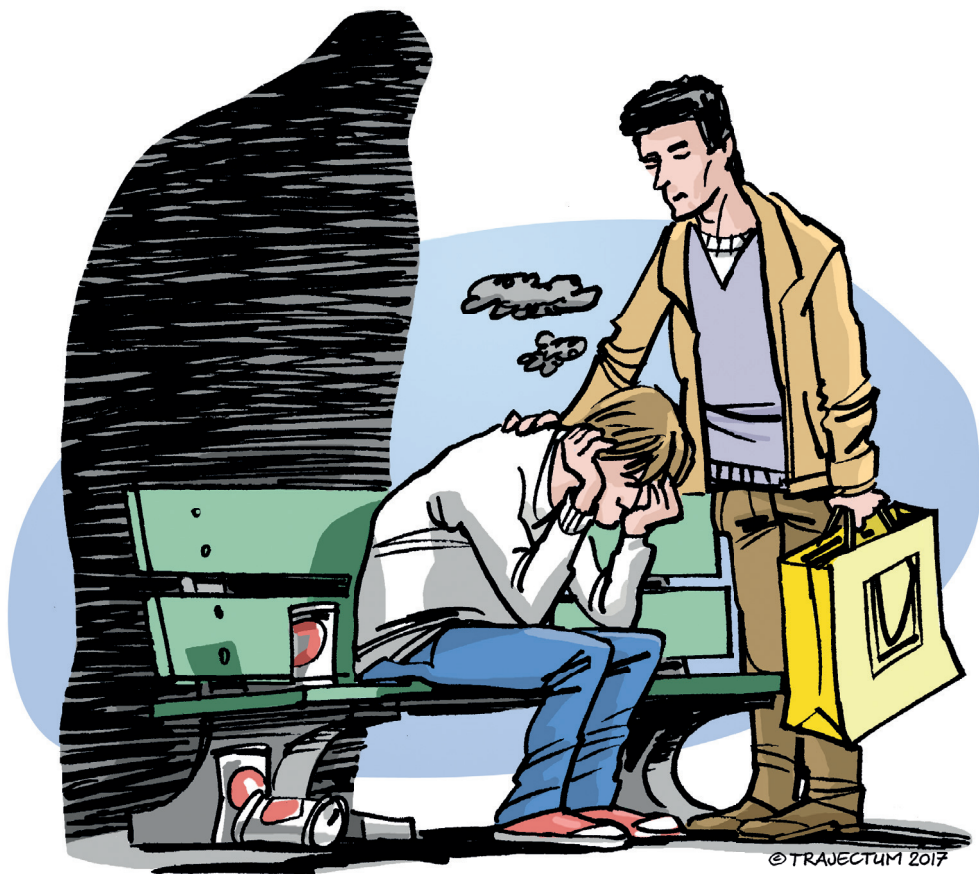
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FOLLOW YOUR INTUITION.  
WHICH SIGNS GIVE YOU THE IDEA THAT THIS  
PERSON IS THINKING ABOUT BEING DEAD?

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DON'T BELIEVE THAT SHARING THOUGHTS ABOUT  
DEATH BRINGS DEATH CLOSER.  
DEATH IS ALREADY THERE.  
TALKING ABOUT IT BREAKS THROUGH LONELINESS.

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JUST LISTEN WITH CALMNESS.  
WITHOUT JUDGEMENT. WITHOUT ADVICE.

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STAY IN CONTACT AND ENSURE SAFETY.

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KNOW THE STORY OF LOSS AND DEATH AMONG  
FAMILY AND FRIENDS.

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**MAKE A SAFETY PLAN WITH YOUR PSYCHOLOGIST  
AND TEAM.**

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DEATH ALWAYS AFFECTS YOU.  
TALK ABOUT IT.

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