

# 你我都可以是 自我傷害防治守門人

Help Prevent Suicide Together



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1問

QUESTION



詢問關懷做為開端，讓對方有訴說和陳述的機會

Start a conversation by inquiring with care to give the other person the opportunity to speak.

2應

RESPONSE



傾聽與回應對方目前所處的痛苦

Listening to and responding to the pain that the other party is in is the focus of the conversation.



3轉介

REFERRAL



當對方狀態已超出自身負荷範圍 適時詢問專業資源

When the other party's condition has obviously exceeded what you can personally handle, you can request professional resources.