

The statistics below are from:

www.autistica.org.uk/

- Autistic adults with no learning Disability are 9 X more likely to die by suicide than the general population
 - It is the second leading cause of death for autistic people. Average life expectancy for autistic people is just 54 years old. (Swedish study of over 27,000 cases)
 - Up to 66% of autistic adults have considered suicide
 - Adult autistics significantly more likely to die by suicide than the general population.
 - Suicide attempts tend to be more aggressive and lethal
 - Autistic children are 28 X more likely to think about or try suicide
 - One study showed that 15% of autistic children had suicidal thoughts compared to 0.5% of typically developing children
 - In the 86 days leading up to the first Lockdown and up to the 56 days after ¼ of young people who died by suicide were autistic or had ADHD.
- Autistic people make up approximately 1% of the population but 11% of suicides.
- Every suicide is a tragedy but these statistics of the mortality rate for autistic people is a national crisis

Do

- **Keep your distance.**
- **Talk slowly and softly.**
- **Make no demands.**
- **Glance but don't stare.**
- **Keep to one thing at a time, hand or body gestures or speak, not together, keep distractions to a minimum.**
- **Keep to one person negotiating.**
- **Believe autistic person who tells you that they feel suicidal, listen to what they are saying.**
- **Ask specific and clear questions.**
- **Check that the question is interpreted and responded to in the correct manner.**
- **Remember that many people with Autism have difficulty in communicating and reciprocal interaction.**
- **Try and find their interests, many have a very narrow interest. (show pleasure in talking about this).**
- **If they are communicating with you, without pressure, reach out to them, asking how they're feeling and giving them the time and space to articulate their answer, seeing or thinking. Remaining non-judgmental, without criticising or blaming them. Merely asking if they are having thoughts of ending their life is a key suicide prevention tool.**

About Autism -----

**Autism Spectrum Disorder
Police Crisis Negotiators**

Do not

- **Gush towards the person**
Have blues and tunes going

Have others in sight when negotiating

Make demands.

Speak fast, Processing speed can vary widely especially during a crisis.
Use metaphors or expect them to read between the lines.

Make assumptions or judgements. (suicidal feelings and thoughts may look different in an autistic person).
Try and force them to talk about the situation



Autism Independent UK
07721 888 216

Autism Independent UK
07721 888 216