Step 1:
Literature was searched for potential first aid strategies:
- Medical and research literature
- Existing suicide intervention programs
- Lay literature (books, pamphlets and websites)

Step 2:
Identical and near-identical statements were clustered and repetition eliminated. Statements about first aid actions were grouped into categories.

Step 3:
Working group considered the suitability of each statement for a questionnaire item.

Step 4:
Questionnaire implemented on internet for use by Delphi expert panels in 3 rounds.

Step 5:
Finished guidelines distributed to panel members for comment.