

# WORKING TOGETHER TO PREVENT SUICIDE



## BEHAVIOUR

- Isolation
- Sudden changes in mood or behaviour
- Abusing drugs or alcohol
- A suicide attempt or act of self-harm
- Difficulties in school or work
- Dropping out of activities
- Sleeping or eating difficulties
- High-risk activities such as driving a car at high speed



## FEELINGS

- Depression
- Helplessness
- Feeling life is meaningless
- Hopelessness
- Failure



## PHYSICAL SIGNS

- Neglecting appearance
- Neglecting personal hygiene, or clothing
- Persistent physical complaints like chronic pain
- Weight loss or weight gain due to appetite loss or gain
- Tired or finding it difficult to concentrate



## THOUGHTS

- Gloomy, negative thoughts
- Unable to solve problems
- Very self-critical
- Saying things like
  - o 'I won't be needing these things anymore'
  - o 'I can't do anything right'
  - o 'I just can't take it anymore'
  - o 'All of my problems will end soon'

## WARNING SIGNS

## DOS & DON'TS

when responding to people experiencing suicidal thoughts

### Dos

- Listen, show empathy, and be calm
- Be supportive and caring
- Ask a direct question about suicide if you feel there is a threat
- Take all threats seriously and assess the degree of risk
- Explore possibilities other than suicide with the person
- Take action, tell others, get professional help
- Remove the means, if possible
- If the risk is high, stay with the person

### Don'ts

- Ignore the situation
- Be shocked or embarrassed and panic
- Say that everything will be all right
- Challenge the person to go ahead
- Make the problem appear trivial
- Give false assurances
- Promise confidentiality
- Leave the person alone