



WORKING TOGETHER TO PREVENT SUICIDE



WARNING SIGNS

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



THOUGHTS

- GLOOMY, NEGATIVE THOUGHTS
- UNABLE TO SOLVE PROBLEMS
- VERY SELF-CRITICAL
- SAYING THINGS LIKE
 - 'I won't be needing these things anymore'
 - 'I can't do anything right'
 - 'I just can't take it anymore'
 - 'All of my problems will end soon'



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

If you are worried about someone the following are some things you can do to support them.



SHOW YOU CARE

Focus on the person, make eye contact, listen, put away your phone.



BE PATIENT

It may take time and several attempts before a person is ready to open up. Give them space and time.



USE OPEN QUESTIONS

These questions are objective and require the person to pause and think with the hope they will expand and open up.



SAY IT BACK

Repeating something back to someone is a great way to reassure them that they have your undivided attention.



HAVE COURAGE

Listen without being judgemental or offering solutions. Don't be put off by a negative response and don't feel you have to fill a silence.

crisis text line

50808

free 24/7 text service

Remember, if you are afraid someone is thinking about suicide, don't be afraid to ask the question – are you suicidal? Listen without judgement or blame. By asking the question you are not giving someone the idea.

If the answer is yes, don't panic.

Listen, get advice and ask for help.