

WHAT SHOULD I KNOW?

Suicide Prevention

HOW CAN I HELP?

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- In the last 45 years suicide rates - increased 60% worldwide.
 - Suicide - 3rd leading causes of death among those aged 15-44.
 - Mental health disorders - associated with more than 90% of all cases of suicide.

WARNING SIGNS OF SUICIDE !



A sense of **hopelessness**



Negative view of self



Irritability/ Aggressiveness



Drastic changes in **mood** & **behaviour**



Isolation or **feeling alone**



Feeling like a **burden** to others



Frequently talking about **death**



Giving things away



Self-harm / risky behaviours



Substance abuse



Making **funeral** arrangements



Making **suicide** threats



HOW CAN I HELP ?



Communicate your observation/concern about their changes



Encourage them to talk about their feelings. Acknowledge their feelings



Encourage them to seek professional help



Keep them safe - not leaving them on their own ; removing items that they can end their life with



Contact emergency services - threatening to end one's life / evidence or expression of a suicide plan

Don't ignore your gut feeling if you are concerned about someone