

THE MONTHLY NEWSLETTER OF EFFECTIVE LIVING | DECEMBER, 2020

ING DE Prevention HOW CAN I HELP

• 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

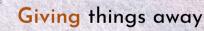
Drastic changes in mood & behaviour



Isolation or feeling alone

Feeling like a burden to others

Frequently talking about death



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