

Suicide Awareness

SUICIDE WARNING SIGNS

When someone is thinking about suicide, their words and actions can give you clues that they are at risk of hurting themselves.

The following can be suicide warning signs:

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Talking about suicide.

Any talk about suicide, dying, or self-harm, such as "I wish I hadn't been born," "If I see you again..." and "I'd be better off dead."

Looking for a way to end their life.

Searching for a method or seeking access to medicines/ other objects that could be used in a suicide attempt.

Preoccupation with death.

Unusual focus on death, dying, or violence.

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No hope for the future.

Feelings of helplessness, hopelessness, and being trapped. Belief that things will never get better or change.

Self-loathing, self-hatred.

Feelings of worthlessness, guilt, shame, and self-hatred. Feeling like a burden.

Getting affairs in order

Making out a will. Giving away prized possessions. Making arrangements for family members.

Withdrawing from others

Withdrawing from friends and family. Increasing social isolation. Desire to be left alone.

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Saying goodbye

Unusual or unexpected visits or calls to family and friends. Saying goodbye to people as if they won't be seen again.

Self-destructive behaviour

Increased alcohol or drug use, reckless driving, unsafe sex. Taking unnecessary risks.

Sudden sense of calm

A sudden sense of calm and happiness after being extremely depressed can mean that the person has made a decision to attempt suicide.

