

SUICIDE PREVENTION TIP SHEET

Suicide is a desperate attempt to escape suffering that has become unbearable. Blinded by feelings of self-loathing, hopelessness, and isolation, a suicidal person can't see any way of finding relief except through death. But despite their desire for the pain to stop, most suicidal people are deeply conflicted about ending their own lives. They wish there was an alternative to committing suicide, but they just can't see one. Suicide prevention starts with recognizing the warning signs and taking them seriously.

SUICIDE WARNING SIGNS

- The person actually talks about suicide.
- The person talks about feeling hopeless or worthless.
- The person gives away important possessions.
- The person seems to be getting his/her affairs in order.
- The person seems preoccupied with death.
- The person no longer shows an interest in favorite things or activities.
- Although the person has seemed sad, suddenly lie/she is calm and happy.
- The person is reckless, endangering his/her life and/or those of others.
- The person is abusing drugs and/or alcohol.
- The person has suffered a recent loss: employment, death, divorce, money, status, relationship, etc.
- The person suffers from symptoms of depression.

WHAT CAN YOU DO TO HELP?

- Ask if the person is thinking about suicide.
- Listen openly and without judging.
- Believe what a person says, and take all threats seriously.
- Never keep someone's suicidal feelings a secret.
- Share responsibility by getting others involved.
- Reassure the person that help is available, and support and encourage him/her to reach out to sources of help.
- Act immediately if you feel someone is at imminent risk for suicide by involving others who can help.

SUICIDE MYTHS

There are many myths about suicide, such as:

- It can't happen to my teenage child.
 - Talking about suicidal intent will lead to suicide.
 - Suicide attempt is a manipulative behavior and therefore should be ignored or even punished
 - Suicides occur only in lower socio-economic groups.
 - Suicides come out of the blue with little or no warning.
 - Teenagers will learn from their "mistakes" and they won't try again.
 - Depression and other mental disorders do not occur in young people.
-