

Symptoms

Talking about feeling trapped or in unbearable pain

Talking about feeling hopeless or having no reason to live

Being withdrawn, isolated or lonely

Talking about being a burden to others

Talking about wanting to die or kill oneself

Increasing use of alcohol or drugs

Displaying extreme mood swings

Always expressing feelings of failure, uselessness and lack of hope

Looking for a way to kill one's self

Showing rage or talking about seeking revenge

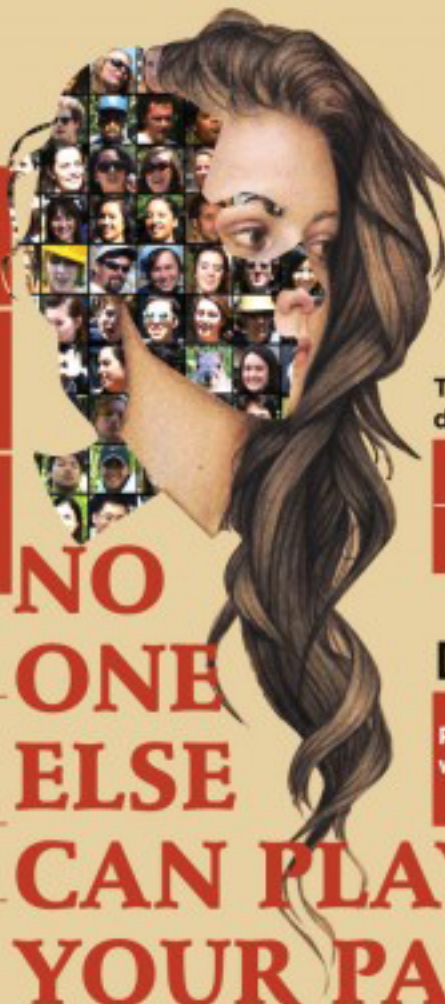
How can you help?

A suicide attempt is clear indication that something is gravely wrong in a person's life.

A suicidal person may not ask for help but that does not mean that help is not wanted. Most people who choose to attempt suicide do not really want to end their life. They want to end their pain.

Suicide prevention starts with recognizing the warning signs and taking them seriously.

If you think a friend or family member is considering suicide, do not be afraid to bring up the subject. Talking openly about suicidal thoughts and feelings can save a life!



**NO
ONE
ELSE
CAN PLAY
YOUR PART**

Underlying factors that can move an individual towards suicidal thoughts

Mental illness (untreated depression)- Not properly managed with medical support

Poor coping skills- where emotional pain exceeds an individual's ability/resources to cope

Impulsive behavior- driven by feelings of rage, frustration, humiliation and desire to strike back against unfair treatment

There are also certain risk factors that could drive a person to suicide

Alcoholism or drug abuse

Previous suicide attempts

Family history of suicide

Terminal illness or chronic pain

Recent loss or stressful life event

Social isolation and loneliness

History of trauma or abuse

Danger signs!

Preoccupation with death

Loss of interest in things one cares about

Making arrangements; setting one's affairs in order

Visiting or calling people to say goodbye

Giving things away, such as prized possessions

Graphics by Pushpika Karunaratne