### Symptoms

<table>
<thead>
<tr>
<th>Feeling Trapped or In Unbearable Pain</th>
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</thead>
<tbody>
<tr>
<td>Talking about feeling hopeless or having no reason to live</td>
</tr>
<tr>
<td>Always expressing feelings or failure, uselessness and lack of hope</td>
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<tr>
<td>Looking for a way to kill one’s self</td>
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<tr>
<td>Showing rage or talking about seeking revenge</td>
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<tr>
<td>Displaying extreme mood swings</td>
</tr>
<tr>
<td>Increasing use of alcohol or drugs</td>
</tr>
<tr>
<td>Talking about wanting to die or kill oneself</td>
</tr>
</tbody>
</table>

### 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
- Family history of suicide
- Recent loss or stressful life event
- Terminal illness or chronic pain
- Social isolation and loneliness
- History of trauma or abuse

### 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!

### Danger signs!

- Preoccupation with death
- Loss of interest in things one cares about
- Making arrangements; setting one’s affairs in order
- Giving things away, such as prized possessions
- Visiting or calling people to say goodbye

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**Graphics by Pushpika Karunaratne**