

**WORLD
SUICIDE PREVENTION
DAY**

Your actions can make a difference

Have a look at these steps for helping others open up and seek support.

REMEMBER:

It's okay to talk about suicide. Asking someone if they are thinking about suicide does not make them act on their feelings. In fact, it often reduces anxiety and helps people feel understood. Giving them the opportunity to express their feelings can provide relief from loneliness and negative feelings that are kept inside.



CHECK IN

Take the time to check in on your friends, colleagues, and family members. By being open to talking about these things, we can be more aware of who might need help in our social circles.



KNOW THE WARNING SIGNS



Significant or severe mood changes



Withdrawing or being distant and quiet



Engaging in risky behaviours and activities



Expressing thoughts, feelings, or plans about ending their life



Saying things like, "Nobody will miss me when I am gone", or "I've got no reason to live"



Looking for ways to kill themselves



Saying goodbye to family members and friends



Giving away valued possessions

WHO IS MORE AT RISK?

- People who have tried to take their own life before
- People in acute emotional distress or with depression
- Someone who is socially isolated
- Someone with alcohol or drug problems
- People living with chronic pain or illness
- People who have experienced violence, abuse, or other trauma
- People from groups of society that are marginalised or discriminated against

KNOW WHAT TO DO



Choose a good time

... and a quiet place with no distractions.



Listen well

... and avoid giving your view of what's wrong or what should be done.



Encourage them to seek help

... from a health worker such as a doctor, mental health professional or social worker.



Remove items they can use for self-harm

... like unnecessary medication or sharp objects.



Stay in contact

Check back in regularly and stay in touch after a crisis.

USEFUL CONTACT NUMBERS:

For 24/7 free
Mental Health
Support:

1579

For
Emergency
services:

112

To contact
Primary
Healthcare:

21231231

Support or
information
related to social
welfare services:

179

NOT SURE WHAT TO SAY?

How are things? I've noticed you don't seem quite yourself.

I've recently noticed some differences in you and wondered how you are doing.

Are you thinking about harming yourself? / Are you thinking about suicide?

Did something happen to make you start feeling this way?

I am here for you. How can I best support you right now?

Would you like to get some help? / Would you like me to come with you?