

TOGETHER WE CAN CHANGE THE NARRATIVE AROUND SUICIDE

Learn how to recognise the signs and provide the necessary 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.

THREE STEPS TO HELPING OTHERS

See: Recognise warning signs such as changes in behaviour or talk about death.

Say: Start a conversation. Use empathetic language like, "I've noticed you seem down lately. Do you want to talk about it?"

Do: Encourage seeking help from professionals or crisis resources.

KNOW THE WARNING SIGNS



Significant or severe mood changes



Engaging in risky behaviours and activities



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



Saying goodbye to family members and friends



Withdrawing or being distant and quiet



Expressing thoughts, feelings, or plans about ending their life



Looking for ways to kill themselves



Giving away valued possessions

KNOW WHAT TO DO



Choose a good time

... and a quiet place with no distractions



Let them know that you are there to listen



Listen attentively and with an open mind

Avoid giving your opinion about what is wrong or what they should do



Encourage them to seek professional help

Such as a doctor, mental health professional, or social worker



If you believe they're in immediate danger, do not leave them alone

Contact emergency services, a crisis line, a health worker, or a close family member



Reduce access to items they could use to harm themselves

Like unnecessary medication or sharp objects



Stay in contact

Check back in regularly and stay in touch after the crisis is over

Remember:

You don't need to have all the answers. It is not about giving solutions but about listening, supporting, and helping them explore options for safety and support.

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?

NURTURE YOUR WELL-BEING

Take a few moments each day to focus on the present.

Practice mindfulness exercises like deep breathing to calm your mind and reduce stress.

Engage in physical activities that bring you joy.

Regular exercise boosts mood and energy levels.

Spend quality time with loved ones.

Sharing laughter and meaningful moments can uplift your mood and provide support.

Listen to your body and rest when needed.

Taking time to recharge helps maintain your energy and emotional balance.

Make time for hobbies that make you smile.

Creative or relaxing hobbies can bring a sense of fulfilment and joy.

Reflect on the positives in your life.

Practicing gratitude regularly can boost your mood and shift your perspective.

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