



# Do you feel like life is not worth living?

If you have experienced thoughts of suicide or self-harm, read on...

## Are you experiencing any of the following?

- Pain that seems overwhelming and unbearable.
- Feelings of worthlessness or hopelessness.
- Loneliness.
- Constant negative thoughts.
- Difficulty imagining any way to deal with your problems other than suicide.
- The feeling that everyone would be better off without you.
- Difficulty understanding why you are thinking or feeling this way.



## What you need to know

- You are not alone. Many people have gone through what you're experiencing and found help.
- It's okay to talk about suicide. Talking can help alleviate some of the feelings you're experiencing.
- Experiencing thoughts of suicide or self-harm is a sign of severe emotional distress.
- Thinking about suicide is not a weakness and nothing to feel guilty about.
- You can get better.
- Help is available.

## What you can do

- Talk to someone you trust about how you feel.
- Talk to a health worker, such as a doctor or mental health professional, or a counsellor or social worker.
- Join a support group.
- If you think you're in immediate danger of harming yourself, contact the emergency services or a crisis line.

## REMEMBER: You are not alone.

If you feel like life is not worth living, reach out for help.

