



# Do you know someone who may be considering suicide?

It's not uncommon to think about taking your own life. If you're worried about someone, read on...



## What you should know

- It's OK 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.

## Warning signs

- Severe mood changes.
- Social withdrawal.
- Expressing thoughts, feelings or plans about ending their life.
- Saying things like "No-one will miss me when I'm gone." or "I've got no reason to live."
- Looking for ways to kill themselves.
- Saying goodbye to close family members and friends.
- Giving away valued possessions.



## Who is at risk?

- People who have tried to take their own life before.
- People in acute emotional distress or with depression.
- Someone who's 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 marginalized or discriminated against.

## What you can do

- Find an appropriate time and a quiet place to talk with the person you are worried about. Let them know that you are there to listen.
- Encourage them to seek help from a health worker, such as a doctor or mental health professional, or a counsellor or social worker. And offer to accompany them to an appointment.
- If you think someone is in immediate danger, don't leave them alone. Contact the emergency services, a crisis line, a health worker or a family member.
- If the person you're worried about lives with you, make sure they don't have access to means of self-harm at home.
- Check in regularly to see how they're doing.

**REMEMBER:** If you know someone who may be considering suicide, talk to them about it. Listen with an open mind and offer your support.

