

# SUICIDE WATCH

## 1. Possible warning signs

Talking or writing about death/ feeling trapped.

Withdrawing from family, friends and the community.

Increasing drug and alcohol use.

Giving away personal possessions.

Doing dangerous, life- threatening things (reckless driving /self-harming).



## 2. Potential Triggers

Loss of an important person through death or divorce.

Incest or child abuse.

Bullying at school or in the workplace.

A sense of failure at school.

A sense of failure in relationships or a relationship break-up.



## 3. How to Help

Listen and encourage them to talk and show that you are taking their concerns seriously.

Tell or show the person that you care.

Acknowledge their fears, despair or sadness.

Provide reassurance, but do not dismiss the problem.

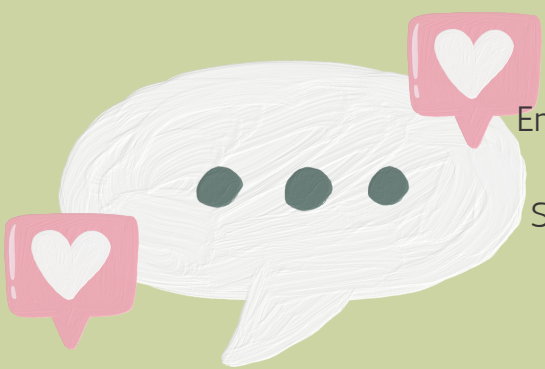


## 4. How to Help

Ensure they do not have access to lethal weapons or medications.

Stay with the person and call for an ambulance if they are at high risk of suicide.

Immediately tell someone else, preferably a trusted adult..



## 5. How to Help

Seek help from professionals, and offer to provide support.

Let them know where they can get support.

Provide contact numbers and assist them to call if necessary.



**“Sometimes even to live, is an act of courage”.**

