



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.

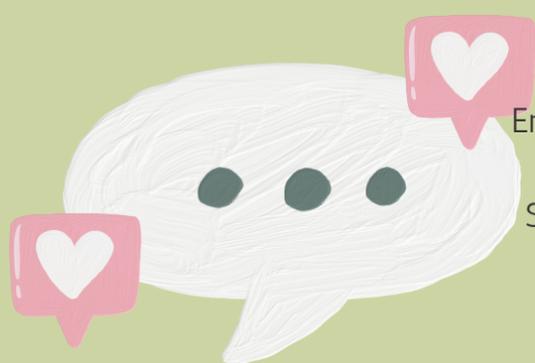


3. How to Help

- 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”.

