

# SUICIDE PREVENTION

MAKING MENTAL HEALTH  
MATTER FOR 28 YEARS



[www.sadag.org](http://www.sadag.org)

24 hr Mental Health Helpline |  0800 - 456 - 789

24 hr Suicide Crisis Helpline |  0800 - 567 - 567

(9am-4pm) WhatsApp Chatline |  076 - 882 - 2775

 @TheSADAG  @sadag\_official  @TheSADAG

# About Suicide Prevention

[www.sadag.org](http://www.sadag.org)

## Get to know about Suicide

The World Health Organisation reports that more than 700,000 people die due to Suicide globally and there are many more people who attempt Suicide. To those who have not experienced severe feelings of Depression and hopelessness, it's difficult to understand what drives so many individuals to take their own lives. A suicidal person is in so much pain that they can see no other option. Suicide is a desperate attempt to escape suffering that has become unbearable. Blinded by feelings of helplessness, hopelessness, and isolation, a suicidal person can't see any way of finding relief except through death. But despite their desire for the pain to stop, most suicidal people are deeply conflicted about ending their own lives. They wish there was an alternative to suicide, but they just can't see one. Suicide is when a person harms themselves with the goal of ending their life, and they die as a result.

A Suicide attempt is when a person harms themselves with the goal of ending their life, but they do not die. Depression, Substance Abuse, Bullying, Trauma, Stress, Domestic Violence and Physical Illness can be a cause. Suicidal thoughts do not happen overnight and are not 'caused' by a single reason. People become suicidal for multiple causes. It is very important to remember that people who feel suicidal, attempt or die by suicide may not necessarily want to die. They may feel like a burden to those around them and believe nothing will ever change.



The good news is that at least **75%** of suicides can be prevented

## What are RISK FACTORS?

Suicide does not discriminate. Anyone of any race, gender, age, or socioeconomic status may feel suicidal. Even someone who seems to "have it all" can be vulnerable to suicide.

### Risk factors are:

- Mental Health issues like Bipolar Disorder, Depression and Anxiety disorders
- Gender Based Violence and Abusive Relationships
- Physical Health conditions like a terminal illness or chronic illness
- A recent Trauma or life crisis like the death of a loved one
- Work stress, unemployment, or job loss
- Relationship issues – fight, separation, break up, divorce, etc.
- Financial problems or debt
- History is an important contributor. Previous suicide attempts and a family history of suicide

## Why we shouldn't be afraid to reach out



Because talking about Mental Health shows great strength



Because it is okay to express how you are thinking or feeling



Because it is okay to not feel okay



Because it is okay to show you are struggling or want some help

# Suicide Is Preventable

## WARNING SIGNS!!!



In most cases, a person who is feeling suicidal will show some warning signs. These should always be taken seriously and acted on immediately:

- 1 Long-lasting sadness and mood swings
- 2 Withdrawing from others or isolation
- 3 Loss of interest in things they used to enjoy
- 4 Changes in personality, appearance, sleeping and eating patterns
- 5 Self-harmful behaviour like drinking and driving, having unsafe sex, increased use of drugs and/or alcohol
- 6 Making preparations—like putting personal business in order, making a will, visiting friends and family members, giving away personal possessions
- 7 Talking about death – saying things like “I want to die”, “the world would be better without me”, “what’s the point, nothing will ever change”
- 8 Accessing lethal means like buying a gun or stockpiling pills can be hidden

Not everyone who is considering suicide will say so, and not everyone who threatens suicide will follow through with it. However, every threat of suicide should be taken seriously

## Treatment for a Suicidal Person

It can be very distressing if you or a loved one has Suicidal thoughts or feelings. You might feel unsure of what to do, but there are lots of things that might help. The most important thing is to get professional help. Call a crisis helpline for advice and referrals to see a Mental Health professional such as a psychiatrist, psychologist, social worker or GP. Follow-up on your treatment. If the doctor prescribes medication, make sure you follow the treatment plan. It often takes time for the medication or therapy to start working. If you are still not feeling well see your doctor or therapist again.

It also helps to make positive lifestyle changes, such as a healthy diet, getting plenty of sleep, and getting out in the sun or into nature for at least 30 minutes each day. Exercise is also extremely important as it releases good brain chemicals that make you feel well, relieves stress, and promotes emotional well-being. Make a safety plan. Develop a set of steps to follow if you feel very overwhelmed or suicidal again. It should include contact numbers of your doctor or therapist, as well as friends and family members who will help in an emergency and coping strategies.

## How To Help A Loved One



This is a difficult conversation for anyone to have but remember you do not have to have all the answers. Resources, like SADAG, are always available to support and guide you in this important conversation.

- Talking to someone about their suicidal thoughts doesn't usually make them more likely to end their life.
- Let the person know that you care about them, and that they are not alone
- Practice an empathetic response with a phrase like, “I can't imagine how hard or painful this time is for you, but I'd like to try to understand.”
- Avoid judgement; try not to criticise or blame the person. Avoid saying things such as, “Why do you feel suicidal?” or “You shouldn't feel this way.”
- Ask about their reasons for living and dying and listen to their answer. Try your best to explore reasons for living in greater detail.
- Ask if they have a plan for ending their life. If they have a plan, encourage them to seek help that they are comfortable with e.g., SADAG, a therapist or a doctor.
- If they do not have a plan, focus on the people they care about, who cares about them and reassure them that this feeling won't last forever.
- Be proactive. Those contemplating suicide often don't believe they can be helped, so don't wait for the person to reach out. Drop by or call them. Your support is vital.

# SAFETY PLAN

When thoughts of Suicide are overwhelming, staying safe takes a great deal of strength. A safety plan is something to use during those crisis times. It's not a cure to the issues and feelings you are suffering, but it will give you the time to seek professional help. Keep it near to keep you safe!

## CONTACTS

If things get too much and you can't distract yourself with the self-help measures, here is a list of people that you know who will be there for you when you need them most:

Name \_\_\_\_\_ Contact number \_\_\_\_\_

Name \_\_\_\_\_ Contact number \_\_\_\_\_

Name \_\_\_\_\_ Contact number \_\_\_\_\_

### My Distractions

If you are having bad thoughts, these are things that help to distract you, e.g. Deep breathing, go for a walk or listen to music

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

### My Reasons for living

Mention the positive things in your life: e.g. Positives in life, a pet or a friend

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_



**There To help you**  
**24 hours a day**

**YOU ARE NOT ALONE**  
**☎ 0800 567 567**