

What someone might be saying.....

- Talking about wanting to die, feeling hopeless and trapped, having no reason to live.
- Saying they're a burden to others, or that people would be better off without them
- Negative comments like "Whats the point", " Dont worry about me", "I'm sick of it all"

How they might behave.....

- Unexpected mood changes like suddenly being calm and happy after being down
- Giving away/clearing out possessions or making a will
- Researching ways to kill oneself online or other suicide related internet use
- Self-harming and risky behaviour including increased use of alcohol/drugs
- Withdrawing from friends and family and activities they enjoy
- Lateness, carelessness or lack of interest at work
- Changes in appetite or sleeping patterns, or losing interest in things & appearance.

What might be happening in their lives.....

- Losing control of their life through homelessness, money, work, housing problems
- Or an accumulation of problems, with a 'straw that broke the camels back'.
- Abuse, bullying, coercion or discrimination
- A major loss or change in their life such as a bereavement, retirement, relationship breakdown or redundancy
- Long term problems such as addiction, substance misuse, illness, chronic pain or mental health issues



Trust your gut instincts

If you are worried someone might be having thoughts of suicide ASK them, and ASK directly

"Are you thinking about suicide?"

It wont put ideas in someone's head and being there to listen could be a lifesaver

