

PREVENTING SUICIDE

What Can You & I Do?



KENNY LIM

Are Suicides Preventable?

800,000

40 sec

3 sec



> 70

15 - 29



**Suicide usually occurs out of the blue -
without any warning. True / False**

**Suicide usually occurs out of the blue -
without any warning. ~~True~~ / False**

**Hopelessness,
Helplessness**

**Mental disorder;
eg depression**

**Eating, sleeping
patterns**



**Physical
complaint**

Isolation

**Making final
arrangements**

Loss of interest



Cutting classes

**Aggressiveness,
rage**



**Substance
Abuse**

Life is not worth living

***What's the use
of going on?***

***Nothing matters
anymore...***

No one will miss me...

***I hate to face
each day***

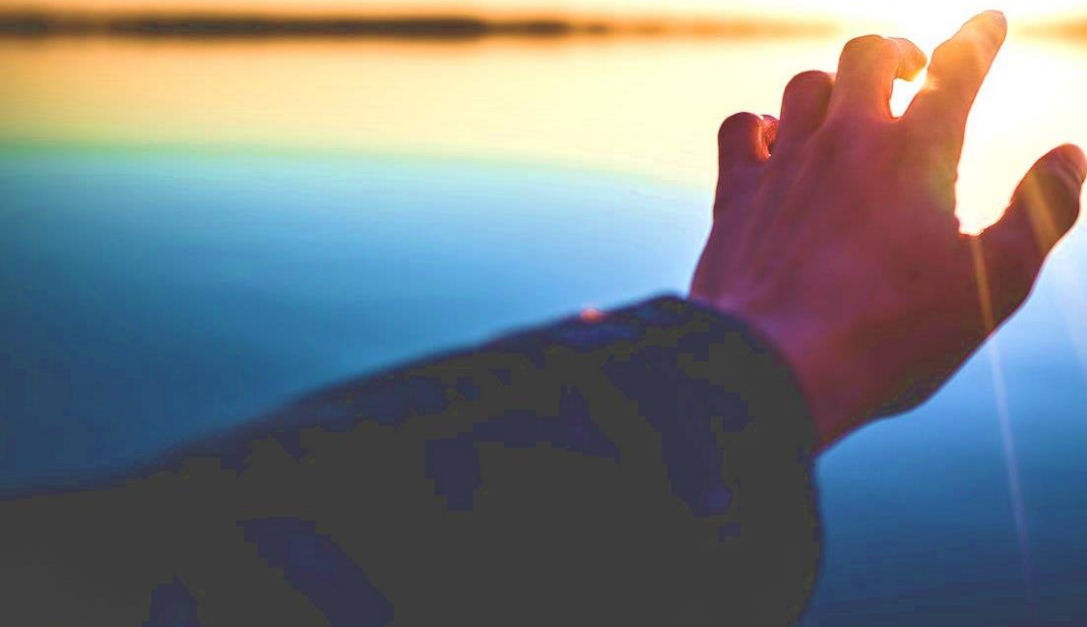
SUPPORTING A Suicidal Person



Be aware of the warning signs

Acceptance

Research



STARTING THE TALK

Be calm

Find a suitable place – quiet, privacy

WHAT TO SAY?

HOW TO SAY IT?

LISTEN WITH EMPATHY

Show concern, care & warmth

Focus on feelings

Give enough time

Be comfortable with silences

Accept, respect his/her opinions & values

IF SUICIDE RISK IS HIGH

Stay with them

Remove means

**Allow the person to talk about his/her
suicide intention**

Thoughts, Plan, Means, When?

GET HELP

Do not

Interrupt too often

Become shock or emotional

Convey that you are busy

Argue, belittle or downplay their suicidal thoughts

Dare him / her

Give false assurance

Judge

DO NOT BLAME YOURSELF

EMOTIONAL SUPPORT

Free of charge

Confidential

Anonymous

Non-judgmental



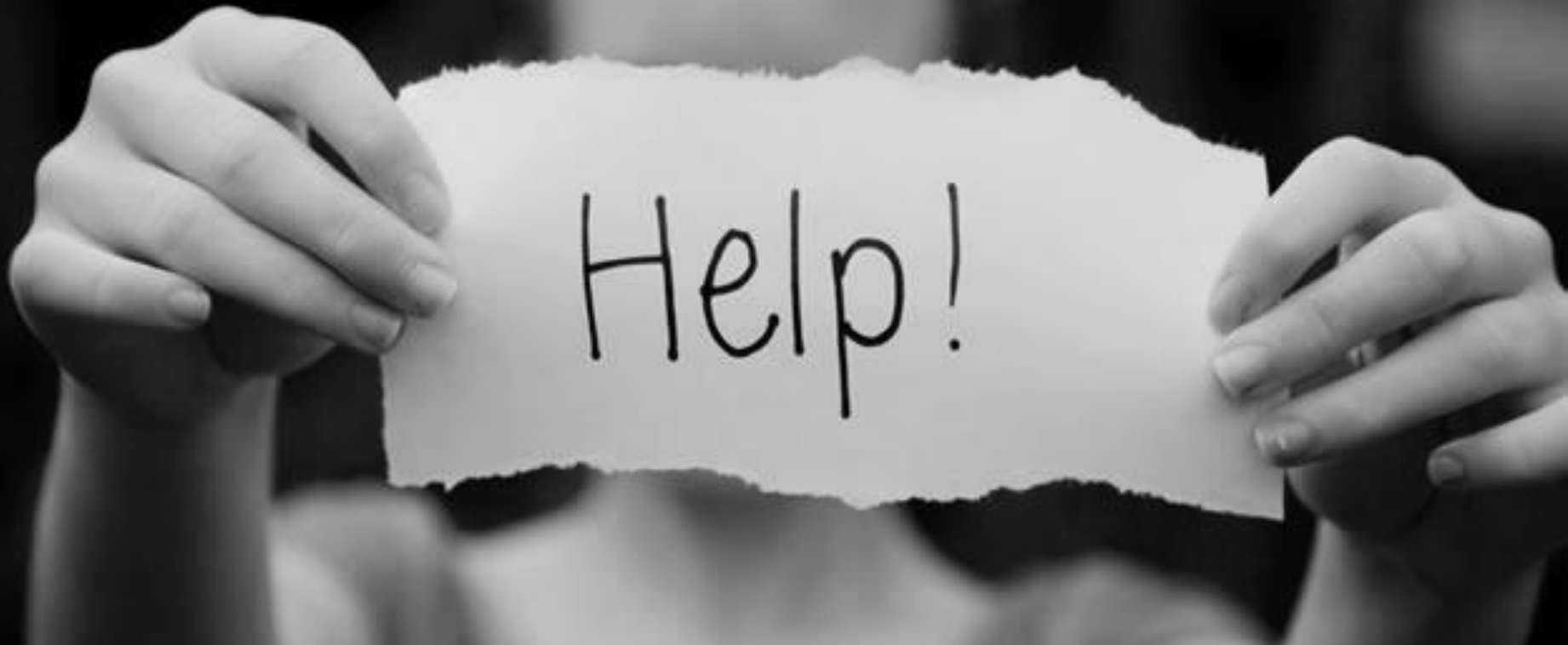
COMMON ISSUES

Relationships 20%

Mental Health 18%

Family 14%

Suicide prevention starts with recognizing the warning signs and taking them seriously



**When the world
shuts you out,
we stay open.**

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