



SUICIDE PREVENTION MONTH

Recognizing the warning signs: how to identify and help someone at risk of suicide

SUICIDE PREVENTION WEEK EDITION



DEPARTMENT OF PSYCHOLOGY
MSC PSYCHOLOGY
KATEEL ASHOK PAI MEMORIAL
COLLEGE, SHIVAMOGGA

Website: Kapmi.edu.in

The invisible Cry for help: Recognizing the warning signs of Suicide.

Suicide is a significant public health issue. Suicide is a complex and tragic event, it is often preventable. Recognizing the warning signs and understanding how to seek help can make a crucial difference in saving lives.

Warning signs that someone may be at immediate risk of attempting suicide include:

- Talking about wanting to die or kill themselves
- Expressing feelings of emptiness, hopelessness, or having no reason to live
- Talking about feeling trapped or that there are no solutions
- Experiencing unbearable emotional or physical pain
- Speaking about being a burden to others
- Withdrawing from family and friends
- Giving away valuable possessions
- Saying goodbye to loved ones



Approaching Someone at Risk

If you notice someone exhibiting warning signs, it's crucial to approach them with care. Start by choosing a quiet, private place to talk. Express your concerns calmly and directly, using "I" statements such as, "I've noticed you've been acting differently lately, and I'm worried about you."

What to Say?

Be compassionate: "I'm here for you. You don't have to go through this alone."

Ask open-ended questions: "What's been going on with you lately?"

Don't be afraid to ask directly: "Are you thinking about suicide?"

What to Avoid?

Avoid being judgmental or dismissive: "Things can't be that bad."

Don't challenge their feelings or offer solutions too quickly: "You just need to think more positively."



Immediate Actions to Take

If you believe someone is at immediate risk, you need to act quickly. The level of risk can often be gauged by how specific their plans are—vague statements are less immediate than detailed plans with a set time and method.



Resources and Helplines

There are many resources available for those at risk of suicide and those supporting them. It's important to have these on hand:

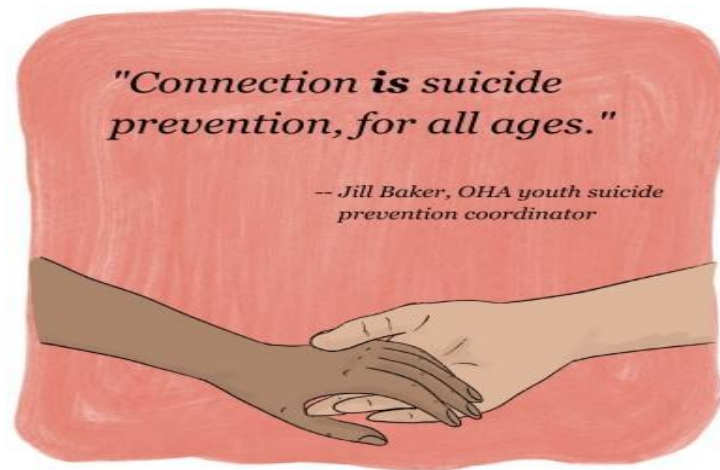
Helplines

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Crisis Text Line: Text HOME to 741741

NIMHANS Helpline: 988 - Suicide crisis and lifeline

Local Helplines: Many communities have local resources and hotlines.



Imagine a shipwreck in the depths of the ocean, invisible to the naked eye. This is what it's like to struggle with suicidal thoughts – a silent, desperate cry for help, hidden beneath the surface.

In the unseen storm of suicidal thoughts, we can be the lighthouse guiding loved ones to safety. By recognizing the warning signs and offering support, we can help them find calm in the turbulent water.

Arathi, Keerthana, Surekha, Bhagavathi, Bindu, Sinchana, Haadi

I MSc Psychology