

UNLOCK

WIZARD



SUICIDE PREVENTION

ITS TIME TO FIGHT BACK & NOT RUN AWAY!

CCI
Special

*The attention & environment you
provide shapes your child's brain
development for life*

#25
ENGAGE
Series

In the present scenario things in our life are not going as planned by all of us. Financial loses, mental illness, health issues etc could drain us physically and mentally.

In those moments it's common for us to loose self - esteem, self – confidence and belief in ourselves. These at times could lead us to take the extreme decisions like “suicide”.

The symptoms of suicide are not usually sudden. When addressed at an early stage it could always be prevented. Watching out and giving a helping hand to the people around us could surely save the life of someone.

DB YaR Forum suggests the following simple ways to prevent and reduce suicide around us.

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PREVIOUS
suicide
ATTEMPTS

History of
SUBSTANCE
ABUSE



Physical
DISABILITY
or
ILLNESS



RELATIONSHIP
PROBLEMS

Some
Important

RISK
FACTORS
for suicide



Losing a
FRIEND or
FAMILY MEMBER
to **SUICIDE**

ACCESS to
HARMFUL
MEANS



Recent
DEATH of a
FAMILY
MEMBER

or a

CLOSE
FRIEND



MENTAL
HEALTH
CONDITION

Ongoing
EXPOSURE to
BULLYING
behavior



Suicide WARNING SIGNS

NEGATIVE

VIEW
of SELF



**MAKING
SUICIDE**
threats

A sense of
HOPELESSNESS



OR
NO HOPE
for the
FUTURE

ISOLATION
or
**FEELING
ALONE**




**AGGRESSIVENESS
and
IRRITABILITY**

 **Possessing
LETHAL
MEANS**

**FEELING LIKE A
BURDEN**
to others

DRASTIC
changes in
**MOOD
and
BEHAVIOUR**




**FREQUENTLY
TALKING
about
DEATH**

**SELF-
HARM**
like
CUTTING
behaviours



Making **funeral**
ARRANGEMENTS

ENGAGING
in **"risky"**
BEHAVIORS

SUBSTANCE
abuse

GIVING
things **AWAY**

Things to Know and Say



Everyone's life matters.
Help is available.



People do care.
Treatment works.



Don't keep it to yourself.
Tell a trusted adult.

What to Do



- Identify trusted adults at school and home.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friend Asks.
- Recognize the warning signs in yourself, your friends, on social media.
- **Get help. You can't do it alone.**
 - Tell a school psychologist, counselor, teacher, parent, or other adult.

Reminders for Friends



- **Connect.** Listen, be accepting, don't judge.
- **Confirm.** Ask if they have thoughts of dying or of suicide.
- **Protect.** Take any threats they make seriously. **Do not agree to keep a secret!** Tell someone.
- **Stay.** Do not leave alone a person you are concerned about being at imminent risk. You might be their lifeline.
- **Act.** Call for help immediately!

Risk Factors



- Feeling depressed, hopeless
- Deliberate self injury ("cutting")
- Prior suicidal thinking and behavior
- Having family members or friends who have attempted or died by suicide
- Loss of an important relationship (e.g., breaking up)
- Being isolated or alone
- Having been traumatized or abused
- Drug and alcohol use

Warning Signs



- Suicidal threats, both direct ("I want to die") and indirect ("I wish I could go to sleep and not wake up")
- Suicide notes, plans, social media posts
- Making final plans; giving away favorite things
- Preoccupation with death or revenge
- Changes in behavior, sleeping, eating, appearance, thoughts and/or feelings
- Extreme mood swings, rage, withdrawal
- Sudden unexplained happiness

SUICIDE PREVENTION ADVICE

WAIT!

W **Watch out** for signs of distress and changes in behaviour

A **Ask** "are you having suicidal thoughts?"

I **It will pass** – assure your loved one that, with help, their suicidal feelings will pass with time

T **Talk to others** – encourage your loved one to seek help from a GP or health professional

HOW TO **HELP** YOUR SUICIDAL FRIENDS

@Blessing Manifesting

Don't minimize or invalidate their feelings.	Listen - really listen and create a judgement free space.	Be their advocate. Help them get help.
Ask them what they need from you. Do that thing.	Encourage self-care and taking care of basic needs.	Spend time with them and be present.
Let them know they aren't a burden to you.	Point them in the direction of helpful resources.	Help them create a crisis plan.



TO SEARCH ON THE WEB

1. Story behind teenage suicide.
2. Tomorrow's Hope – Suicide prevention.
3. Overcoming suicide.

1. What are symptoms of suicide?
2. Suicide rate in India?
3. How to prevent suicide?
4. How counselling helps in suicide?
5. Behavioural pattern of suicide.
6. Helpline for suicide prevention.

Let's hand hold our children to become the best version of themselves!!



Everything and everyone is
won by the sweetness of
our words and works

- Don Bosco



Don Bosco National Forum for the Young at Risk



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