COVID - 19 SPECIAL

UNI OCK 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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History of SUBSTANCE ABUSE





Some Important RISK FACTORS
for suicide

Losing a
FRIEND or
FAMILY MEMBER
to SUICIDE

ACCESS to
HARMFUL
MEANS

Ongoing EXPOSURE TO BULLYING behavior

MEMBER CLOSE FRIEND

Recent

DEATH

FAMILY

of a

MENTAL HEALTH CONDITION

History of a NEGATIVE VIEW of SELF

MAKING SUICIDE threats



A sense of
HOPELESSNESS
OR
NO HOPE
for the

FUTURE

ISOLATION

FEELING ALONE



SUBSTANCE abuse

GIVING things AWAY

Making funeral ARRANGEMENTS

Suicide WARNING SIGNS

AGGRESSIVENESS and IRRITABILITY



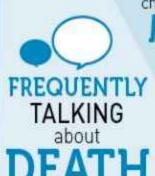
FEELING LIKE A

BURDEN

to others

ENGAGING "risky" BEHAVIORS

SELF-HARM like CUTTING behaviours



DRASTIC
changes in
MOOD
and
LY
BEHAVIOUR

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



- Watch out for signs of distress and changes in behaviour
- A last "are you having suicidal thoughts?"
- It will pass assure your loved one that, with help, their suicidal feelings will pass with time
- Talk to others encourage your loved one to seek help from a GP or health professional

HOW TO HELP YOUR SUICIDAL FRIENDS

Don't minimize or invalidate their feelings.

Listen - really listen and create a judgement free space.

Be their advocate. Help them get help.

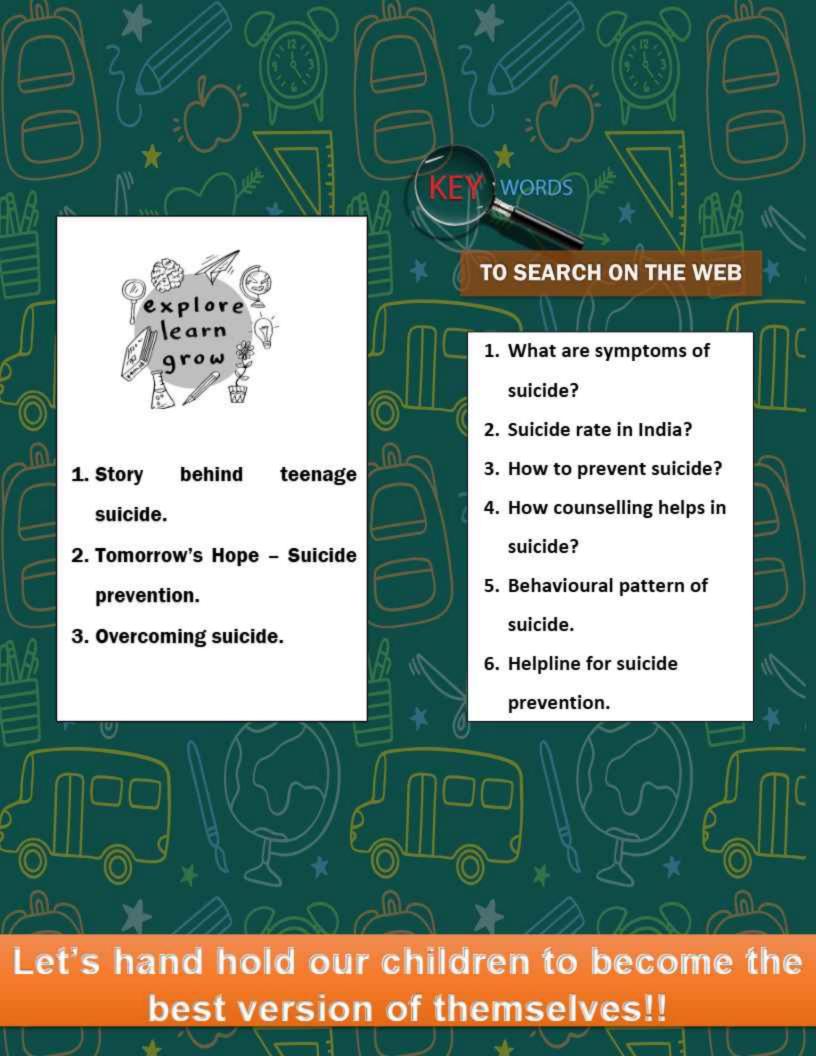
Ask them what they need from you. Do that thing.

Encourage selfcare 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.





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

- Don Bosco



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