

SUICIDE

RISK FACTORS & WARNING SIGNS

Suicide is preventable.

Play a part in suicide prevention by equipping yourself with the right knowledge and skills.



Mental health conditions
(eg. Depression, eating disorders, etc.)

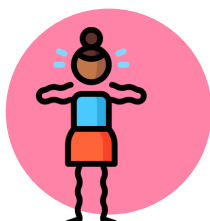


Serious or chronic health conditions

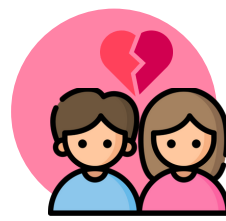


Previous attempt or family history of suicide

RISK FACTORS



Prolonged stress factors
(eg. Academic-related stress and problems, bullying, abuse, etc.)



Distressing life events
(eg. Family breakdown or conflict, troubled relationships and break-ups, death of close ones, etc.)

WARNING SIGNS

BEHAVIOURS

- Social withdrawal
- Drastic change in attitude/personality
- Noticeable increase in compulsive behaviours
- Self-harm behaviours
- Substance abuse
- Unexplained crying
- Giving away important items that one treasures

- Direct or indirect suicide threats, such as



Researching suicide methods



Writing suicide notes
(including emails, diaries, blogs, etc.)

Making verbal comments such as

“My life is meaningless anyway”

“My family will be better off without me”

“If you don't love me, I'll kill myself”

- Neglect or have minimal care for how one looks (eg. poor hygiene, ignore self care, etc.)
- Lack of energy, motivation or enthusiasm
- Poor health
- Drastic change in the following:



Appetite



Weight

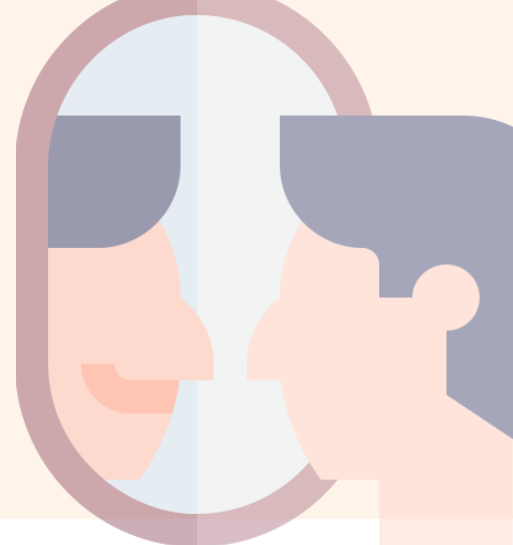


Sleep patterns



Physical Appearance

PHYSICAL



PSYCHOLOGICAL

- Anxiety
- Difficulties concentrating and making decisions
- Easily agitated and frustrated
- Feelings of hopelessness and helplessness
- Persistent depressed mood
- Unstable emotions
- Unrealistic expectations of self

