

Suicide Prevention

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Learn the signs



Take a few minutes to learn the warning signs of suicide.



Learn the warning signs of suicide to identify when you or someone you care about needs help. It can be life saving.

Warning Signs



Emergency Warning Signs

Call 911 or the emergency service number of your country if you see or hear the following:

- Someone threatening to hurt or kill themselves or talking of wanting to die.
- Someone looking for ways to kill themselves by seeking access to weapons or other lethal items (this can be online searches or physically looking for something in the moment of despair).
- Someone talking or writing about death, dying or suicide.



Warning Signs of Suicide

Contact a mental health professional or hotline if you hear or see someone exhibiting one or more of these behaviors:

- Hopelessness
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped, like there's no way out
- Increased alcohol or drug use
- Withdrawing from friends, family & society
- Anxiety, agitation, unable to sleep or sleeping all the time
- Dramatic mood changes

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Know how to help



Know what to say and do, if someone you know is having thoughts of suicide



Learn the 4 important steps you can take to help someone who is experiencing thoughts of suicide. You can help.

ASK → LISTEN → RESPOND → FOLLOW UP

1. Ask

If you see warning signs, ask if the person is having suicidal thoughts and if they need help.

2. Listen

Listen without judgement. Let the person talk without interruption and make them feel heard.

3. Respond

Respond with kindness and care. Always take the person seriously.

4. Follow-Up

Follow-up with the person and support their transition from crisis to recovery.

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Practice Self Care

Make mental wellness a priority in your life. Mental wellness is crucial to our overall health.

- Practice emotional hygiene.
- Make time for loved ones.
- Make time for yourself.
- Nourish your body with healthy food.
- Get enough sleep.
- Move your body.
- Help others.
- Manage your stress.
- Manage any other medical or physical condition.
- Ask for help

4 Reach out

Help is available & recovery is possible. If you or someone you know is in emotional distress, please reach out for help. You are not alone.

 Know where to turn for Help

Suicide Hotline Numbers:

- Australia: 13 11 14
- India: +913324744704
- USA: 1800273-8255
- Canada: 1 833 456 4566
- UK: 116 123

 Reach out for Help

Please reach out for help. You aren't alone.

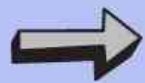
- Talk to someone you trust.
- Call a support helpline.
- Talk to a therapist. Try e-counselling.
- Read stories of hope & recovery.

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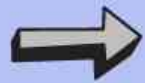
Spread the word



Let's get people talking & let's spread awareness about Suicide Prevention.



Pledge to tell 5 people about Suicide Prevention & #take5tosavelives.



Learn more about Suicide Prevention and create awareness.



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Together we can all make a difference!