

# HOW TO PREVENT SUICIDE

## WARNING SIGNS OF SUICIDE VERSUS WHAT CAN YOU DO?



Isolating oneself from loved ones, reaching out to people to say goodbye or giving away things



Changes in mood including increased anxiety, depression and anger or loss of interest in life



Talking about feeling trapped, being a burden, having no reason to live, or facing unbearable pain



Reckless behaviour, including aggression or increased use of drugs or alcohol.

### ASK



- Approach your friend and let him or her know you have noticed his or her behaviour.
- Ask about his or her well-being.
- Listen to his or her problems and feelings.
- Ask openly and directly if he or she is thinking of harming himself or herself.

### STAY and LISTEN



- Be accepting, do not judge. Let them express their feelings.
- Be patient and gentle.
- Show that you care.
- Take threats seriously.



### GET HELP!

- Call the police or any other emergency number if your friend's life is in danger.
- Call the Befrienders 24 hour emotional support line, 03-79568145.
- Get support for yourself too.

Talk to your counsellor now. Find us at:



Student Affairs and Alumni, Level 9, Block G, UCSI University, KL Campus



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