

Feeling suicidal is not a character defect, and it doesn't mean that you are crazy, weak, or flawed. It only means that you have more pain than you can cope with right now. This pain seems overwhelming and permanent now, but with time and support, you can overcome your problems and the pain and suicidal feelings will pass. Help is available. Don't wait, reach out.

What are the warning signs?

- Change in behaviour.
- Withdrawal or isolation from family and friends.
- Talking or thinking about death often.
- Losing interest in things one used to enjoy
- Making comments about being hopeless, helpless, or worthless.
- Putting affairs in order, tying up loose ends, changing a will.
- Saying things like "it would be better if I wasn't here" or "I want out".
- Talking about suicide or killing oneself.
- Visiting or calling people to say goodbye.
- Giving away possession, especially those that are of value to them.

DID YOU KNOW?
70% of people that
commit suicide give
warning signs.

Risk Factors

- Mental illness.
- Previous attempted suicides.
- Substance abuse.
- Exposure to trauma or abuse.
- Family problems.
- Interpersonal problems e.g. relationship problems, lack of social support, bullying, social isolation.
- High levels of stress.

How to help a loved one

- Take a disclosure of suicide intent seriously.
- Listen to the person and try your best not to judge them.
- Offer your support and create hope.
- Encourage the person to seek professional help.
- Do not allow the person to be alone for long periods of time.

Getting Help

It can be extremely scary to feel suicidal, as a result you may find it very difficult to speak to someone. But remember, there are people that care for you and are willing to help you.

For assistance or more information, please contact the Platinum Health Mental Health Services on 014 590 1700 or alternatively, the EAP Counsellor Line 010 133 0525, which is available to members 24/7.