

If the person is not in imminent danger:

Offer to work together to get help.

- Contact a suicide helpline (iCall: 9152987821; COOJ: 63 6161 2525)
- Help them contact a mental health professional or accompany them to their first appointment
- Do not be afraid to persist, if you are in a position to help
- Follow up

“When you don’t have the strength to take another step, ask those you love to pull you.”

Your friends, loved ones, and others around you are meant to be a source of strength when you’re in distress. They are there to keep loving you and encouraging you while you work through your internal struggles.

Even if they fail to be there for you as and when you need them, there will always be someone that will come through for you when you need it the most, if you let them.

You don’t have to do this alone :)



“HOPE IS JUST A CONVERSATION AWAY.”



When all else fails, it’s a good idea to seek professional help.

If you or someone you know is struggling, feel free to reach out to the college counsellors

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PREVENTING SUICIDE: A PRACTICAL GUIDE

**Compiled by the College Counsellors*



**An initiative of
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MYTHS OF SUICIDE

- ✗ **Talking about suicide or asking someone if they feel suicidal will encourage suicide attempts.**
✓ **Fact:** Talking about suicide may reduce, rather than increase, suicidal ideation. It improves mental health-related outcomes and the likelihood that the person would seek treatment.
- ✗ **People who talk about suicide are just seeking attention.**
✓ **Fact:** People who die from suicide have often told someone about not wanting to live anymore or that they do not see the future. It's always important to take seriously anybody who talks about feeling suicidal.
- ✗ **Suicide can't be prevented.**
✓ **Fact:** Suicide is preventable but unpredictable.
- ✗ **People who take their own lives are selfish, cowards or weak.**
✓ **Fact:** Often, people who die of suicide experience significant emotional pain and find it difficult to see a way out of their situation. This perceived helplessness and hopelessness is what drives them to end their lives.
- ✗ **Talk therapy and medications don't work.**
✓ **Fact:** Treatment can and does work. One of the best ways to prevent suicide is by getting treatment for mental illnesses, such as depression, bipolar illness or substance abuse, and learning ways to cope with problems. Finding the best treatment can take some time, and the right treatment can greatly reduce the risk of suicide.
- ✗ **Suicide always occurs without warning.**
✓ **Fact:** There are almost always warning signs before a suicide attempt.

Some of the signs are as follows.

WARNING SIGNS

VERBAL SIGNS

- Talking about wanting to die or kill oneself
- Declarations of feeling trapped or having nothing to live for
- Talking about great or unbearable pain
- Insistence on being a burden to others
- Speaking of revenge
- Lack of communication or noticeable withdrawal

BEHAVIOURAL CUES

- Acting anxious, agitated or restless
- Increased use of alcohol or drugs
- Sleeping too little or too much
- Suggestive actions such as online searches or procuring means (pills, etc)
- Giving away possessions, making calls/visits to say goodbye
- Reckless conduct or extreme mood swings

OTHER RISK FACTORS

- Mental disorders, particularly depression and other mood disorders
- Significant loss (job, relationships, death, financial loss)
- History of trauma or abuse
- Prolonged stress from issues such as bullying, illness or unemployment
- Absence of friends or a family support system
- Prior attempts at suicide or knowing someone who died of suicide

HOW TO HELP SOMEONE WHO FEELS SUICIDAL

- Talk to the person and listen without judgement
- Tell/remind them that what they are experiencing is treatable and temporary
- Do not preach about suicide being right or wrong
- Reassure them that treatment and help is available
- Do not minimise their problems or shame them into changing their mind or try to convince them that it's "not that bad"

HOW ELSE CAN I HELP?

If the person has a plan to hurt or kill themselves and you feel they are in imminent danger:



Stay with the person



Get them to the nearest hospital

If you are not with them:

Keep the conversation going until you can connect them to help.

- If you are not with them, ask questions about their plan
- Listen to them
- Reassure them that you are there for them and that you will help them find support

