

AWARENESS

➤ RECOGNIZE SUICIDAL BEHAVIOR:

There are always certain suicide warning signs that should be keenly observed and take required actions as per those-

1. **Severe sadness and mood swings-** we can always observe a change in behavior and mood of the person. There can be long lasting and irrecoverable sadness accompanied with unexpected rage and very frequent mood swings.
2. **Loneliness-** the person even sometimes tries to live a very alone kind of life and avoids all social interactions be it friends, family or any kind of social deeds. It clearly indicates depression. Infact, some people also become silent, in a way they just keep quiet and maintain calmness in expressing themselves. Loss of interest and pleasure in everything.
3. **Sleep issues-** people with mental illness suffer certain kind of sleep issues.
4. **Personality and attitude changes-** person experiencing suicidal thoughts often show change in behavior and attitude like stammering while speaking, deep thinking and lost in thoughts, caring less about his/her appearance.
5. **Harming behavior-** taking steps or actions that harm themselves in some manner, like consuming overdoses of drugs or using any sharp or harmful object to subject their bodies to pain.
6. **Talking about suicide-** when a person says she/he wants to commit suicide, consider this really very seriously and as a warning sign. Each and every threat of suicide should be taken seriously.
7. **Any kind of stress or mental ailing-** a person who suffers a lot of stress and is unable to find way to get rid of it often have suicidal thoughts, not only stress people with some kind of mental pain that they suffered and have not overcome it or any mental, physical, emotional or financial ailing, any of these can push someone into depression.

All these are the warning signs one must never ignore in order to save life.

➤ THINGS TO DO WHEN SOMEONE IS SUICIDAL

- a) Keenly observe all the warning signs.

- b) Ask questions to person as to what are you going through, are you thinking to commit suicide, do you have access to any health harmful object like drugs or any weapons or anything that can harm you, do you feel like giving up, etc., these kinds of questions will help the person to share his thoughts and state what he is going through.
- c) Stay with the person, show compassion, offer help and support by acknowledging his feelings, make the person agree to seek treatment, encourage the person to express and communicate.
- d) Try to keep the person away from dangerous things and maintain a happy and peaceful environment around the person. Encourage him to follow his hobbies and come in contact with nature. Maintain a balanced diet as well.
- e) Contact various helplines in case of emergencies.
- f) Make everyone aware of the condition of the person feeling suicidal and ask for cooperation. Make the person indulge in such activities that distract his mind from the suicidal or ailing thoughts.
- g) Make the person watch, read and listen positive and motivational stuff, making him realize how valuable and precious life is.

