



SwastiVishwa
Foundation

**SwastiVishwa Behavioral and
Social Sciences Institute Foundation**

**Transforming Individuals,
Organizations, and Communities**



**SUICIDE
AWARENESS AND
PREVENTION**

RISK FACTORS

- Depression, other mental disorders, or substance abuse
- Chronic pain
- Exposure to family violence, including physical or sexual abuse
- A history of suicide attempts
- Loss of social standing/esteem
- Family history of suicide or suicide attempts
- Financial loss
- Exposure, either directly or indirectly, to others' suicidal behaviour, such as that of family members, peers, or celebrities
- Constant discord and conflict in marital or family relationships



FOR MENTAL HEALTH SERVICES

Contact us

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WARNING SIGNS !

TALK OF SELF HARM

People with suicidal tendencies may often talk about

- Being a burden to others
- Feeling trapped or helpless
- Experiencing unbearable pain
- Having no reason to live
- Hurting themselves and make suicide threats
- Frequently talking about negative self-talk
- Talking about seeking revenge

BEHAVIOUR

People with suicide thoughts may often show following behaviours

- Attempting self-harm
- Making suicide attempts
- Check suicide methods
- Looking for ways to kill themselves
- Substance abuse
- Acting reckless
- Isolation
- Insomnia
- Hypersomnia
- calling people to say goodbye

MOOD

People with contemplating suicide may often show one or more of following moods

- Depression
- Loss of interest
- Irritability
- Shame
- Guilt
- Anxiety
- Isolation
- Aggressiveness
- Anger
- Hopelessness
- Mood swings

How to help a person who is in emotional pain and at risk for self harm?

- Encourage to seek professional help
- Be with the person and do not judge
- Listen compassionately
- Keep surroundings of the person safe
- Help the person to set a routine and self care
- Help the person to value themselves
- Help the person has connect with others
- Take them to doctor/psychiatrist immediately
- Get psycho-educated about suicide and how to interact with a person who has attempted self harm



If you feel suicidal here is what you can do

- Create a safety plan
- Make your environment safe
- Become aware of suicide triggers
- Immediately contact your therapist/doctor/friend and talk about
- Keep handy contact numbers of people whom you can reach out to
- Keep a suicide hotline number at hand
- Join a support group