

# Recognizing signs of suicidal behaviour



## Talking about suicide

**Sign:** Talking about dying or wanting to die, feeling trapped or being a burden to others.

**Solution:** Ask, reach out, check in and show you care. Someone reaching out and offering support will reduce the person's sense of isolation.



## Social withdrawal and isolation

**Sign:** Detached from life in general and emotionally distant from people.

**Solution:** Help them get out of the house and connect with people. If it's difficult to talk, listen and convey that you're concerned and that you want to help.



## Saying goodbye to people

**Sign:** Putting personal business in order; giving away belongings and making a will.

**Solution:** Don't skirt around the issue; ask directly if they're considering hurting themselves. Give them time to talk about it.



## Displaying extreme mood swings

**Sign:** Showing rage, sadness and being more anxious and agitated than usual.

**Solution:** Try not to judge or feel shocked and upset or blame the person for their behaviour. Give the person time to open up and make sure you show that you understand.



## Doing self-destructive things

**Sign:** Acting recklessly, alcohol or drug intake, and showing big changes in their usual behavior.

**Solution:** Try discouraging the person from using drugs or alcohol to cope with distress. If the situation worsens, seek professional help.



## Sleep problems

**Sign:** Insomnia and difficulty sleeping or sleeping more than usual.

**Solution:** Depression can lead to acute sleeping disorders. Encourage the person to get help from a qualified mental health professional and seek therapy.



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