

Suicide awareness, recognising the signs

September 2021

If you are feeling suicidal, then it is time to talk to someone.

There's no right or wrong way to talk about suicidal feelings – starting the conversation is what's important.

Let family and friends know what's going on for you. They may be able to offer support and help keep you safe.



The following are some of the signs you might notice in yourself or a friend that may be reason for concern:

- Feelings of hopelessness or worthlessness, depressed mood, poor self-esteem, or guilt
- Not wanting to participate in family or social activities
- Feelings of anger, rage, need for revenge
- Feeling exhausted most of the time
- Trouble concentrating
- Frequent physical symptoms such as headaches or stomach aches
- Changes in sleeping and eating patterns
- Feeling listless, irritable
- Regular and frequent crying
- Not taking care of oneself
- Reckless, impulsive behaviours

Important – if you feel that you may be about to harm yourself and your life is in danger, call 999 for an ambulance or go straight to A&E. Or ask someone else to call 999 or take you to A&E.

source: www.nhs.uk

Life & Progress

Call us today in confidence

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