

## WHERE TO GO FOR HELP

If you require further information or help please contact your Employee Assistance Provider or your preferred medical or mental health provider.

### Emergency Services

### Suicide.org

The link below takes you to a site that lists international suicide hotline numbers by country.

[www.suicide.org/international-suicide-hotlines.html](http://www.suicide.org/international-suicide-hotlines.html)

### Helpguide.org

This website is a Premier Rotary Program that provides information and resources for most mental health disorders, including a comprehensive guide to suicide prevention.

# Suicide



**Every year almost 1 million people die from suicide - a global mortality rate of one death every 40 seconds.**

**And these are just the reported suicides.**

Suicide is the main cause of premature death amongst people with mental illness. It is estimated that 10% of people with mental illness complete suicide within first 10 years of receiving their diagnosis. Nonetheless, most people with mental illness who have attempted suicide or seriously thought about it go on to recover and live full and productive lives. The key elements of recovery include effective treatment, social support and time. Knowing this, it is extremely important that if you know someone is contemplating suicide, action is necessary,

where possible.

Has someone you know displayed the following:

- Talk or hints of suicide behaviour
- Evidence of self-harm
- Preoccupation with death
- Giving away possessions
- Resolving personal affairs
- Isolation or withdrawal
- Increased alcohol and/or drug use
- Lack of interest in hobbies
- Lack of care for appearance
- Uncharacteristic recklessness

## WHAT TO DO?

Take any threat of suicide seriously. In all cases, **seek professional advice**. You can talk to the person about how they feeling, and allow the person space to talk. When talking with the person, acknowledge the pain that they are experiencing, let them know that you care, just listen, and be genuine and honest in your concern. If possible, try to make a safety contract with the person, which requires the person to agree not to harm themselves for a period of time, or to seek immediate help if they are feeling unable to cope.

Suicide can be avoided, with appropriate treatment, so encourage the person to seek professional help. Keep a list of emergency numbers close by, and in the case of a crisis contact a 24-hour service for immediate help.