BE ALERT TO SIGNS OF SUICIDE RISK

People show their suicidal feelings by...

* Being withdrawn and unable to relate.
* Having definite ideas of how to commit suicide, and maybe speaking of ‘tidying up’ affairs or giving other indications of planning suicide.
* Talking about feeling isolated and lonely.
* Expressing feelings of failure, uselessness, and dispiritment, lack of hope or loss of self esteem.
* Constantly dwelling on problems for which there seem to be no solution.
* Expressing the lack of a supporting philosophy of life, such as a religious belief.

Suicide risk is greatest when there is...

* Recent loss or the breakup of a close relationship.
* Current or anticipated unhappy change in health or circumstances, such as retirement or financial problems.
* Painful and/or disabling physical illness.
* History of earlier suicidal behaviour.
* History of suicide in the family.