



## 10 WARNING SIGNS OF SUICIDE

Suicide is the leading cause of death for Australians aged between 15 and 44. The more people know about the warning signs of suicide, the greater chance we have as individuals and communities to reduce the risk and rates of suicide. How do you know if someone is at risk of suicide? There are some common warning signs that friends, family and acquaintances can be on the lookout for.

Not everyone who is at risk of suicide will do the same things, or behave the same way. Some people might display only a few of these warning signs, and others could display them all.

1. A sense of hopelessness or no hope for the future
2. Isolation or feeling alone, withdrawing from friends and family
3. Negative view of self, feelings of guilt or low-self esteem
4. Feeling like a burden to others
5. Dramatic change in personality, appearance, mood or behaviour
6. Engaging in 'risky' behaviours
7. Increased use of alcohol and drugs
8. Talking about suicide, directly or indirectly
9. Planning, possessing lethal means, or making funeral arrangements
10. Saying goodbye and giving personal belongings away

It's important to remember that you are not at fault if you don't pick up on any of these signs. But if you do, please get in touch with us straight away on 1300 HELP MATE (1300 4357 6283), available 24 hours a day, 7 days a week.

