13 Danger Signs of Suicide Risk

- Withdrawn and unable to relate to friends and relatives. May need encouragement to seek professional help.
- Family history of suicide
- Previous attempts of suicide
- Has a plan and time frame for committing suicide.
- Writing a Will and tidying up affairs are signs of suicide plan.
- Unable to cope with extreme anxiety. Demonstrates chronic depression and pessimism.
- Dependence on alcohol and drugs.
- Sleep disturbance – either extended periods of sleep or extreme sleeplessness
- Feelings of hopelessness, helplessness and uselessness. In the elderly feelings of worthlessness and loss of independence.
- Feelings of isolation, loneliness, displacement and confusion
- Fewer friends and support networks
- No comfort in religious faith
- Financial worries
- Fluctuating moods. Most dangerous time is when the person appears better. Now they have enough energy to kill themselves.

Feeling depressed or suicidal? Phone the Samaritans 2896 0000 or Email: jo@samaritans.org.hk

<table>
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<tr>
<th>Guilt</th>
<th>Let Down</th>
<th>Helplessness</th>
<th>Fear</th>
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<td>Hopelessness</td>
<td>Memories</td>
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<td>Longing</td>
<td>Sadness</td>
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ALL THESE ARE NORMAL FEELINGS AND EMOTIONS

It does help to talk about whatever is on your mind.

Samaritans offers complete confidentiality and non-judgmental listening service 24/7 on our

Multi-lingual Suicide Prevention Hotline

2896 0000

or

Befriending Email: jo@samaritans.org.hk

or

PO Box 44277, Shaukeiwan Post Office, Hong Kong.