



Warning signs for Suicide

If you notice any of these warning signs in a friend, relative or loved one, encourage them to talk about how they are feeling and call 999 if you are concerned for someone's safety

- Talking about suicide
- Looking for a way to end their life
- Preoccupation with death
- No hope for the future
- Self-loathing, self-hatred
- Getting affairs in order
- Saying goodbye
- Withdrawing from others
- Self-destructive behaviour
- Sudden sense of calm

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