

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- ✚ Withdrawn and unable to relate to friends and relatives.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

Guilt	Let Down	Helplessness	Fear
Hopelessness	Memories	Anger	Shame
Longing	Sadness	Hurt	Betrayal

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.

撒瑪利亞會

The Samaritans 24 Hour Multi-Lingual
Suicide Prevention Services

24小時中文及多種語言防止自殺服務