You may feel depressed, sad and miserable at times. Life is too stressful and too uncontrollable. Maybe you are stuck at a place where you do not feel that you belong to. You have lost the faith and energy to fight further.

Ideas of suicide may pop up from time to time. But what if it comes up so frequently and seriously that you are really thinking about how to make it happen?

Feeling suicidal is not a character defect, and it does not mean that you are crazy, weak, or flawed. It only means that you have more pain than you can cope with right now. This pain seems overwhelming and permanent at the moment. But with time and support, you can overcome your problems, and the pain and suicidal feelings will pass.
Why Do I Feel Suicidal?
IT SEEMS LIKE THE ONLY OPTION

It appears that you may feel helpless at the moment. In fact, being unable to think of solutions other than suicide does not mean that there are no alternatives. It simply implies that you are temporarily unable to see them with the tunnel vision. The intense emotional pain that you are experiencing may distort your thinking, disturb you seeing possible solutions, or connecting with supporters. Therapists, counselors, doctors, friends or loved ones can help you see solutions that may not be apparent to you.

I NEED A PERMANENT SOLUTION

It appears that you may feel painful and unhappy which will never end. In fact, suicidal crisis is almost always temporary. Solutions are often found: Feelings can be changed. Unexpected positive events can occur. Please remember: suicide is a destructive and fatal decision to a temporary problem. Give yourself sufficient time for things to change and the pain to subside. How you feel today may not be the same as how you will feel tomorrow or next week.

IT IS A CLOSED END

It appears that you may feel hopeless at the moment. In fact, many mental health conditions are treatable by lifestyle change, therapeutic intervention, and medication. Many situations can be improved and illnesses can be recovered. Please know that it is often necessary to try out different approaches or even a combination of approaches before finding an effective solution. Let’s not give up before reaching a workable solution.

IT SEEMS BETTER IF I DO NOT EXIST

It appears that you may feel worthless at the moment. In fact, you are treasurable to many people who love and care about you. Your absence would definitely create grief and anguish in the lives of your friends and loved ones. There are experiences, places and people you would miss. Please remember that you will never walk alone as someone around you do want to listen to your voice.
How to get control back in your life?

- Tell someone you trust about how you are feeling.
- If you find it difficult to talk, write it down, draw, compose music.
- Use the internet wisely – make sure that you are getting something positive out of it.
- Reduce your workload and seek help.
- Tell yourself about the good things you have done today.
- Do exercise that you enjoy for half an hour every day.
- Make a study plan and try to stick to it.
- Take a break after every one hour’s revision.
- Reward yourself and give yourself a ‘pat on the back’.
- You might find prayer helpful if you have a religious belief.
- Think adaptively and smile more.
- Consult a physician or psychiatrist if needed.

- Don’t make irreversible decisions.
- Avoid alcohol, drugs and cigarettes.
- Avoid self-harming.
- Avoid any risk-taking behaviour (e.g. promiscuous sex).
- Don’t linger over negative thoughts (e.g. take breaks, distract yourself, stay with people you like, do something you enjoy).
- Don’t push yourself to be “superman/woman” as everyone has different strengths and weaknesses.
- Don’t listen to sad music when you are really down.
- Don’t be afraid to seek help.
- Don’t expect to feel OK all at once. Allow time for things to get better.
How to talk to someone about your suicidal thoughts?

Even when you have decided who is trustworthy to talk to, admitting your suicidal thoughts to another person can be difficult.

- Tell the person exactly what you are telling yourself. If you have a suicide plan, explain it to them.
- Phrases such as, ‘I can’t take it anymore’ or ‘I’m done’ are vague and do not illustrate how serious things really are. Tell the person you trust that you are thinking about suicide.
- If it is too difficult for you to talk about, try writing it down and handing a note to the person you trust. You may also send them an email or text and sit with them while they read it.

What if you do not feel being understood?

If the first person you reach out to does not seem to understand or realize the severity of your condition, tell someone else or call a suicide crisis helpline. Do not let a bad experience stop you from help-seeking.

If you don’t know who to turn to, try the following community resources:

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<thead>
<tr>
<th>Service</th>
<th>Helpline/Online/Social Media</th>
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<tbody>
<tr>
<td>HKUST 24/7 HEARing</td>
<td>☎️ (852) 8208 2688</td>
</tr>
<tr>
<td>The Samaritans (Multi-lingual)</td>
<td>☎️ (852) 2896 0000</td>
</tr>
<tr>
<td>The Samaritans Befrienders Hong Kong</td>
<td>☎️ (852) 2389 2222, chatpoint.org.hk</td>
</tr>
<tr>
<td>Suicide Prevention Service</td>
<td>☎️ (852) 2382 0000</td>
</tr>
<tr>
<td>OpenUp</td>
<td>☎️ (852) 9101 2012 (SMS only), openup.hk, /openup_hk</td>
</tr>
<tr>
<td>uTouch</td>
<td>☎️ utouch.hk, ☎️ (852) 6277 8899, ☏️ uTouch, utouch_hkfyg</td>
</tr>
<tr>
<td>Nite Cat Chat Room</td>
<td>☎️ nitecat.bgca.org.hk, ☎️ (852) 9726 8159, ☏️ nitecatonline</td>
</tr>
<tr>
<td>Caritas Infinity Teens</td>
<td>☎️ (852) 9377 3666</td>
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Professional Help-seeking

The University provides counseling services for undergraduate and postgraduate students. You may check out Counselors’ profiles on our webpage and make an online appointment with us. Three weeks’ advance reservation is allowed. All personal information and details shared and discussed in counseling or therapy sessions are strictly confidential.

References

Caritas Infinity Teens
http://it.caritas.org.hk

HelpGuide
https://www.helpguide.org/articles/suicide-prevention/are-you-feeling-suicidal.htm

Nite Cat Chat Room
http://nitecat.bga.org.hk

OpenUp
https://www.openup.hk

Suicide Prevention Services
https://www.sps.org.hk

The Samaritan Befrienders Hong Kong
https://www.sbhk.org.hk

The Samaritans
https://samaritans.org.hk

uTouch
https://utouch.hk

24/7 HEARing  (852) 8208 2688
This is a 24-hour helpline that supports exclusively all HKUST students 7 days a week. The service is made available by our Counselors in collaboration with the Christian Family Service Center.