

A FIRST AID GUIDE ON

SUICIDE PREVENTION 101

CHECKLIST OF SUICIDAL FEELINGS:

- DEPRESSED
- HOPELESS
- SHAMELESS
- HELPLESS
- WORTHLESS
- RESTLESS
- IRRITABLE
- NEGATIVE
- GUILTY

IRREGULAR SLEEPING

If they wake up too early or can't fall asleep when already in bed. Oversleeping, or if sleeping much more than normal

EXTREME CHANGE IN APPETITE

If there is loss of appetite and extreme weight loss, or sometimes overeating and weight gain.

FREQUENT CRYING*

*NOT TEARS OF JOY
Uncontrollable instances of crying, sadness and anxiety

WARNING SIGNS TO WATCH OUT FOR

ANTI-SOCIAL

Withdrawal from family & friends
Doesn't want to interact or talk with anyone. Would prefer to be alone in isolation

LOSS OF INTEREST

No interest in previous hobbies & activities. Like you forgot how to feel joy and pleasure.

REDUCED FUNCTION

Low concentration levels. There is trouble focusing, making decisions or remembering things.

THOUGHTS OF A SUICIDAL PERSON

I DON'T HAVE ANY REASON TO LIVE.

I WANT TO KILL MYSELF!

I DON'T CARE ABOUT ANYTHING ANYMORE

THE WORLD WILL BE BETTER OFF WITHOUT ME!

HOW DO I DIE?

LIFE IS MEANINGLESS!

GOD PLEASE TAKE ME ALREADY!

WHAT TO SAY TO THE SUICIDAL PERSON

I AM LISTENING. I care and I want to help!

There is HOPE for the future!

What about those important people you care about?

24/7 HOPELINE:
0917-558-HOPE (4673)
+632 804-HOPE (4673)
2911 (for Globe & TM subscribers)

Share to me what's the problem. I will not judge..

Remember your faith & beliefs..and personal strengths

YES YOU CAN CHANGE THINGS FOR THE BETTER!

WHAT YOU CAN DO

SEEK PROFESSIONAL HELP

There is nothing wrong in asking for help. The first step to getting better is to visit a mental health specialist. Find someone you are comfortable with and let them help by prescribing some medications or simply do "Talk Therapy" (Psychotherapy).

SELF MANAGEMENT

- ✓ Set new goals and priorities
- ✓ Stay fit & active, exercise!
- ✓ Interact with friends and family
- ✓ Get involved with the community
- ✓ Volunteer or join an outreach
- ✓ Find new hobbies & interests
- ✓ Try learning a new language

EMERGENCY CONTACT LIST

24/7 HOPELINE: +639175584673, (02)804-4673. 2911 for Globe & TM

Names	Numbers
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