



HOW TO WATCH OUT FOR SIGNS OF SUICIDE

Suicide is a serious concern, and it's crucial for everyone to understand the signs that someone might be struggling. While it can be difficult to talk about, recognizing warning signs and knowing how to respond can make a significant difference.

01 Listen to the way they talk

It's a myth that talking about suicide means someone won't act on it. Statements like "I wish I could disappear," "You wouldn't care if I died," or "I'd be better off dead" should **always** be taken seriously.



02 Dramatic mood swings

A person at risk for suicide might swing between extreme sadness and anger or anxiety. One day, they might be crying and isolating themselves, while the next day they could be irritable, frustrated, or extremely restless.



03 Sudden calmness

After an extended period of depression or sadness, a sudden change to a calm demeanor can be a red flag, indicating the person may have decided to take their own life. This can be misleading, as it might appear they are improving.

04 Withdrawal and Isolation

A person who used to enjoy being with others might start spending more time alone, avoiding gatherings, or cutting off contact with close friends and family. For example, they might stop responding to texts, avoid social media, or lock themselves in their room for long periods.



05 Expressing hopelessness

Statements like "Things will never get better" or "I'll never be able to fix this" signal that they feel trapped or that nothing can improve.

06 Increased drinking or drug use

Self-medicating with drugs or alcohol can be a way to escape emotional pain. For example, if someone who rarely drinks suddenly starts drinking heavily or experimenting with drugs, this is cause for concern.



07 Engaging in risky behavior

Taking extreme risks without regard for consequences can be a sign of suicidal thinking. The person may seem as if they don't care what happens to them.

08 Giving away personal belongings

Someone might start giving away prized possessions or things with sentimental value, as if they're preparing for the end. They might also start saying goodbye in subtle ways, such as writing farewell notes or messages.



09 Researching methods

If you notice searches or online activity about suicide methods, treat it as urgent. Stay with the person if possible, reduce access to lethal means, and contact emergency or crisis support.

10 Neglecting oneself

A person at risk may stop caring about their appearance or hygiene, for example, by not showering, wearing dirty clothes, or skipping meals.

They may also let their living space become messy or unclean as they lose interest in their daily routine.



If there is immediate danger, call **911** in the Philippines or go to the nearest emergency room. For 24/7 mental health crisis support in the Philippines, contact the National Center for Mental Health Crisis Hotline at **1553**.