



HEALTH ADVISORY

SUICIDE

Every 40 seconds, someone loses their life to Suicide.
Spot the signs early. Save a life.



**Withdrawing away from
loved ones or usual
activities**



**Have trouble sleeping or
sleeping too much**



**Talking or thinking about
self-harm or death**



**Increased use of alcohol or
drugs**



**Sudden changes in mood
or behavior**

TALKING ABOUT SUICIDE CAN SAVE LIVES.

Here are ways to start the conversation:



- Let them know you care about them
- Ask about their feelings
- Listen without judgement
- Avoid interrupting or offering immediate solutions
- Encourage them to seek professional help

Source: **WORLD HEALTH ORGANIZATION**