

# SEPTEMBER 10 WORLD SUICIDE PREVENTION DAY



EVERY

# 40 seconds

A person dies by suicide.

WORLD HEALTH  
STATISTICS  
REPORTS

## WHY?



Low Self-Esteem



Family Conflict



Financial Loss



Substance Abuse



# 90%

suffer from a  
mental illness

## IF YOU ARE HAVING SUICIDAL THOUGHTS GET HELP IMMEDIATELY!



### Warning Signs



Behavior Change



Dangerous Behavior



Negative Thoughts



Loss of Interest



Isolation



Desire to Die

# WHAT TO DO



**Tell someone you trust**



**Contact a mental health professional**

**Listen to relaxing sounds**



**Remove dangerous items to create a safe environment**



**GO TO THE GYM**



**WRITE YOUR FEELINGS**



**ENJOY NATURE**



**TRY PAINTING**



**MEDITATE AND DO YOGA**

## Breaking the Stigma

Talking openly about mental health reduces stigma.

Seeking help is a sign of strength, not weakness.

Everyone can play a role in preventing suicide by being supportive and creating a safe environment.