

Suicidal Ideation

What is suicidal ideation?

Suicidal ideation refers to thoughts that life isn't worth living, ranging in intensity from fleeting thoughts through to concrete, well thought-out plan for killing oneself. The majority of people who experience suicidal ideation do not carry it through. Some may, however, make suicide attempts.

MYTH BUSTER

MYTH
People who talk about suicide are just trying to get attention.

People who die by suicide usually talk about it first. They are in pain and often times reach out for help because they do not know what to do and have lost hope. Always take talk about suicide seriously.

FACT

MYTH
Suicide always occurs without any warning signs.

There are almost always warning signs.

FACT

MYTH
People who attempt suicide are weak.

No. They are probably in pain and suffering. Many people who are very "strong" die by suicide.

FACT

MYTH
Asking someone if they're suicidal will cause them to become suicidal.

Asking someone if they're suicidal in a caring and non-judgemental way will decrease stigma of suicidality, and make them more comfortable disclosing. It doesn't increase likelihood of suicidal ideation, just likelihood that someone will disclose if they're suicidal.

FACT

Clues & Warning Signs

VERBAL

- "I want to end it all"
- "If (such and such) doesn't happen, I'll kill myself"
- "Soon you won't have to take care of/worry about me any longer"
- "You/The world would be better off without me"
- "I wonder God has a place for someone like me in heaven"

BEHAVIOURAL

- Increased use of alcohol or drugs
- Looking for ways to kill himself or herself
- Withdrawing from people and activities
- Visiting or calling people to say Goodbye
- Giving away prized possessions

SITUATION

- Being expelled from college/university
- Loss of any major relationship
- Death of a friend/family member
- Diagnosis of a terminal illness
- Victim of assault or bullying

Scan Me



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How can I help someone with suicidal ideation

Thoughts about suicide must always be taken seriously.

1. Ask about it

It's okay to ask someone if they are thinking about suicide. Asking about suicide and talking about difficult feelings is not going to increase the risk of someone attempting to harm themselves or dying by suicide. The majority of people who feel suicidal exhibit warning signs. They want and need help.

2. Let the person know that you support them

Let them know that they are not alone, and that help is available. You may have had difficulties too; however, don't assume you understand their experience.

3. Encourage the person to see a health professional

Encourage them to see a counsellor. Offer to accompany them. If they are uncomfortable or unable to communicate what they're experiencing, offer to help them speak with the counsellor.

4. Call crisis lines

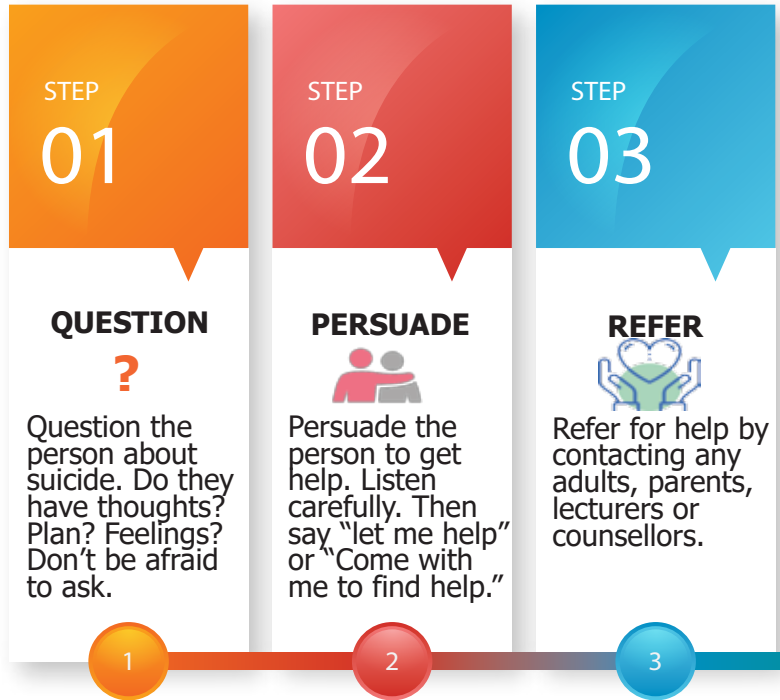
Provide the person with information on crisis lines. Crisis lines are free and confidential 24-hour distress lines that provide non-judgemental support and resources.

5. Become a QPR Gatekeeper

Attend QPR Gatekeeper suicide prevention training and help prevent suicide.

What is QPR?

Ask a question, save a life. QPR is an easy-to-learn process that helps you recognize the early warning signs of suicide, and get professional help for people who need it. It's also an approach to confronting someone about their possible thoughts of suicide. It is not intended to be a form of counselling or treatment, instead a means to offer hope through positive action. There are three simple steps to follow:



Supporting someone who self-harm/ has suicide ideation can be a stressful experience so consider if you need to get some advice or support for yourself.

If you are having thoughts of suicide, but you aren't immediately thinking of hurting yourself and don't have a plan, consider doing the following:

- **Reach out** to someone you feel you can trust (a friend, family member, PCV, We-CARE member)
- **Make an appointment** with a Counsellor at Student LIFE or with a health care provider
- Call our **24/7 mental health crisis hotline 018-3893220**
- Avoid high risk situations
- Remind yourself of your goals



Call suicide hotline **03-79568145** or email **sam@befrienders.org.my**

FOR IMMEDIATE HELP



If you are thinking about **harming yourself** and not sure you can stay safe, please get help now:

- Call our **24/7 mental health crisis hotline 018-3893220**
- Call Befriender **03-79568145**
- Go to the nearest hospital emergency room
- Go to **Counselling & Wellness Unit** at Student LIFE (During office hours)

References:
<https://headscape.org.au/assets/Uploads/Resource-library/Health-professionals/suicidal-ideation-mythbusterv2.pdf>
<https://www.befoundation.org/suicidal-behavior/#card=1>
<http://www.qprinstitute.com/>
<https://www.befrienders.org.my/>
<http://nirve.ubc.ca/prevent-suicide/help-others/>

CALL US!

24/7 MENTAL HEALTH CRISIS HOTLINE

018-3893220



03-74918622
Ext. 3022/3023



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