

why someone might feel suicidal



All of us experience periods of sadness and joy throughout our life. However, if the feelings of sadness and pain have become unbearable and intense, and you feel hopeless or helpless, then it is possible that one may think the only solution is to end your life. **But remember, you are not alone. Many other people have gone through a similar experience and, with help, managed to outlive the moment. There are people who can support you through this time too.**

SOME SIGNS YOU MAY BE STRUGGLING TO COPE

- You feel as if there is no point in living.
- You cannot imagine any solution to your problems other than suicide.
- You don't want to be around your friends and/or family or think that they would be better off without you.
- You feel anxious/upset/tense most of the time.
- You don't want to do things you usually enjoy.
- You are experiencing poor sleep and/or a change in appetite.

WHY YOU MAY BE FEELING SUICIDAL

It is okay to feel confused about why you might be having thoughts about ending your life, and it can happen to anyone. Having thoughts of suicide is a sign of deep emotional pain. Going through an extremely stressful or difficult life situation can lead to unbearable pain, or feelings of hopelessness and helplessness for some time. In such situations, it is possible

to have thoughts or feelings of ending your life. You might be struggling to cope with a difficult or stressful life situation such as:

- Bullying, discrimination
- Physical/sexual abuse
- Loss of a loved one
- Long term physical illness or pain
- Depression or other mental illness
- Relationship difficulties/breakup
- Family conflict
- Money/financial problems
- Loneliness/isolation
- Cultural pressure, for example forced marriage
- Adjusting to a major change in life
- Academic stress

If you are unsure why you are experiencing thoughts of suicide, this might feel even more challenging. But there is support available that could help you understand why you are feeling this way and identify ways to cope and feel better.

HOW CAN YOU SUPPORT YOURSELF

It is important to remember that you are not alone, and there is support available to help you get through this.

1. Refer to your safety plan if you have one, to identify contact details of loved ones or support services and steps for keeping yourself safe.

2. If you think you are in immediate danger of harming yourself, reach out to a trusted family member/friend or a crisis helpline, hospital or support group. Remove access to anything that you could use to harm yourself.

3. Talk to a trusted family member or a friend about how you feel. It is okay to talk about your feelings and thoughts, especially when they are about suicide. It will help you feel better and access the needed support.

4. Talk to a professional such as a doctor or a counsellor, or call a telephone counselling service that can help you understand why you are experiencing thoughts of suicide and share ways to cope with it.

5. Join a peer support group to share your thoughts and feelings with others who are going through similar experiences.

(Outlive is a suicide prevention programme for young people by Sangath, The Centre for Mental Health Law & Policy, and Quicksand. Learn more at www.outlive.in.)

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