

## Suicidal Signs

Suicide.

The word suicide caught your attention, didn't it? The truth is suicide catches everyone's attention. It's the actions that lead up to suicide that go unnoticed.

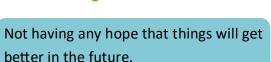
Feeling like there is no purpose in living, no meaningful connection to others, and felt no one would care if they took their own life.

Feeling 'trapped' and having the impression that treatment will never work.

Let's TALK.

Feeling very anxious, neurotic, agitated and uneasy.

Withdrawing from family, friends, community, co-workers, society in general and normal activities.



emationally,

physically, and

mentally

TIRED

Increase in anxiety symptoms like rapid heartbeat, sweating, twitching or pacing, reduced appetite and trouble sleeping.

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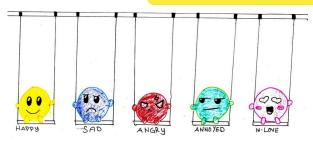
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Feeling very fatigued, uninterested in things that are normally enjoyable.

Feeling depressed or extremely

Having mood swings and dramatic changes in demeanour.





Feeling very isolated and alone.

hopeless and sad.