



DRCS

# 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.



Feeling very anxious, neurotic, agitated and uneasy.



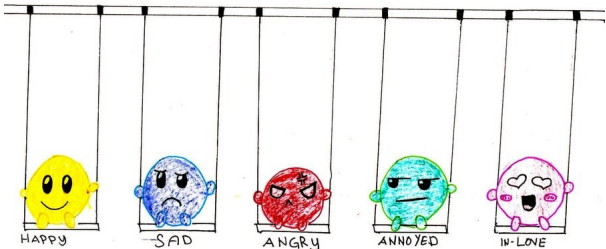
Withdrawing from family, friends, community, co-workers, society in general and normal activities.

Not having any hope that things will get better in the future.



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

Having mood swings and dramatic changes in demeanour.



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

Feeling very isolated and alone.

Feeling depressed or extremely hopeless and sad.