



PREVENTION OF SUICIDE

Persons who have suicidal ideations often manifest some suicidal signs. These signs may serve as the signals that they need help. We can help the persons to prevent suicide through getting to know more about these signs and handling relevant crisis seriously and properly.

1. COMMON WARNING SIGNS OF SUICIDE

We can stay vigilant and pay attention to the following signs.

(A) COMMON EMOTIONAL AND COGNITIVE MANIFESTATIONS (Observe the person's verbal and non-verbal expressions)



1. Persistent low mood, restlessness or agitation
2. Loss of interests in the surrounding
3. Keep self-blaming, such as repeatedly identifying himself as worthless or believing himself is a burden to the others
4. Lack reasons for living and feel hopeless about the future
5. Direct or indirect expression of suicidal ideations via verbal or written means, such as 'I want to die' or 'the world would be better off without me'

(B) COMMON BEHAVIOURAL MANIFESTATIONS (Observe whether the person shows significant behavioural changes)

1. Significant increase or decrease in appetite and/or sleep duration
2. Reduce social contacts, social withdrawal



2. PREVENTION AND MANAGEMENT OF SUICIDE CRISIS

We can use the following ways to help the person in preventing and managing suicide crisis.

(A) COMMUNICATE PROACTIVELY

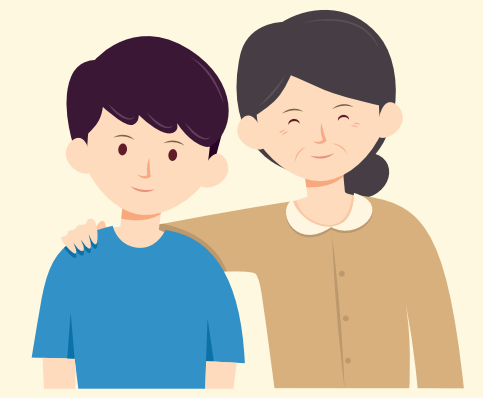
1. Initiate communication with the person to show your care and concern
2. Listen patiently and allow the person vent out his feelings and voice out his needs so that people around him can provide assistance to solve his problems and offer support



3. Drug or alcohol abuse
4. Exhibit some risk-taking or unusual behaviours such as speed driving, make huge investment or overspending
5. Give away cherished or prized possessions such as jewellery, keys of the safe or title deeds to significant others
6. Say goodbye to family and friends and arrange his own funeral
7. Browse the web on death, means or sites for suicide
8. Mention death or suicide explicitly or hint on social media
9. Prepare lethal means such as ropes, charcoal and large amount of pills

(B) REDUCE POTENTIAL RISKS AND CREATE PROTECTIVE ENVIRONMENTS

1. Keep the person company and lower the chances of leaving him alone
2. Prevent the person from drug and alcohol abuse
3. Prevent the person from possessing and accessing to lethal means



(C) SEEK PROFESSIONAL HELP



1. Encourage the person to seek professional help as soon as possible
2. In case of emergency, call 999 or accompany him to the Accident and Emergency Department for help

(D) SHOW CONTINUED CARE

1. Call or text the person to show your care and encouragement. Continue to care for the person after the suicide crisis
2. Assist the person in arranging follow-up consultations or accompany the person to receive treatment
3. Facilitate coordination between family, friends and community support services to show continued care to the person



(E) OFFER TANGIBLE AND INFORMATIONAL SUPPORTS

1. Assist the person to resolve problems, manage the source of stress or provide tangible support such as providing financial aids and taking up care work
2. Provide the person with the means of seeking emergency assistance on suicide prevention, emotion support helplines and community resources. Help the person to download the related information onto his mobile for emergency use



3. SEEK HELP

Please seek help from the community resources as soon as possible when necessary.

24-HOUR HOTLINES OR ONLINE SUPPORT

18111 Mental Health Support Hotline	18111	The Samaritan Befrienders Hong Kong	2389 2222 (Chinese) 2389 2223 (English)
Suicide Prevention Services	2382 0000	The Samaritans	2896 0000 (Multi-lingual)
Caritas Family Crisis Support Centre	18288	'Open Up' Youth Emotional Support Online Platform by the Hong Kong Jockey Club	SMS/WhatsApp 9101 2012
Mental Health Direct by the Hospital Authority	2466 7350	Hotline by the Social Welfare Department	2343 2255



Prevention of Suicide

精神健康諮詢委員會
Advisory Committee on Mental Health



衛生署
Department of Health