

Spotting the signs

It's not always easy to know if someone is thinking about taking their life. Some signs can include:

Talking about death or suicide

When someone speaks about death, expresses a desire to die, or openly discusses suicide, it's a serious red flag. They may also talk about feeling like a burden to others, or believe that others would be better off without them.

Expressing hopelessness, shame, or guilt

Feelings of hopelessness, believing that things will never improve, or expressing intense shame or guilt that everything is their 'fault' can signal that someone is struggling with their mental health.

Withdrawing from others

Suddenly withdrawing from social activities, avoiding friends, and distancing from loved ones can be a sign that someone is feeling depressed. They might feel unworthy of support or believe that no one can understand their pain.

Reckless or unusual behaviour

Engaging in reckless activities, such as increased substance abuse, or taking dangerous risks, might indicate that the person no longer values their life. These behaviours can be an attempt to cope with overwhelming emotions and a sign someone needs support.

Sorting out affairs

When a person starts making a will, giving away personal items, or saying goodbye to friends and family, it could indicate that they are planning to end their life. This behaviour often reflects a sense of finality and a decision to leave things in order. They may appear unusually calm or happy after being very depressed.



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If you're worried someone might be having suicidal thoughts, don't hesitate to ask them. Bringing it up can actually reduce the risk, not increase it, and your friend may feel relieved to finally have someone to talk to about it.