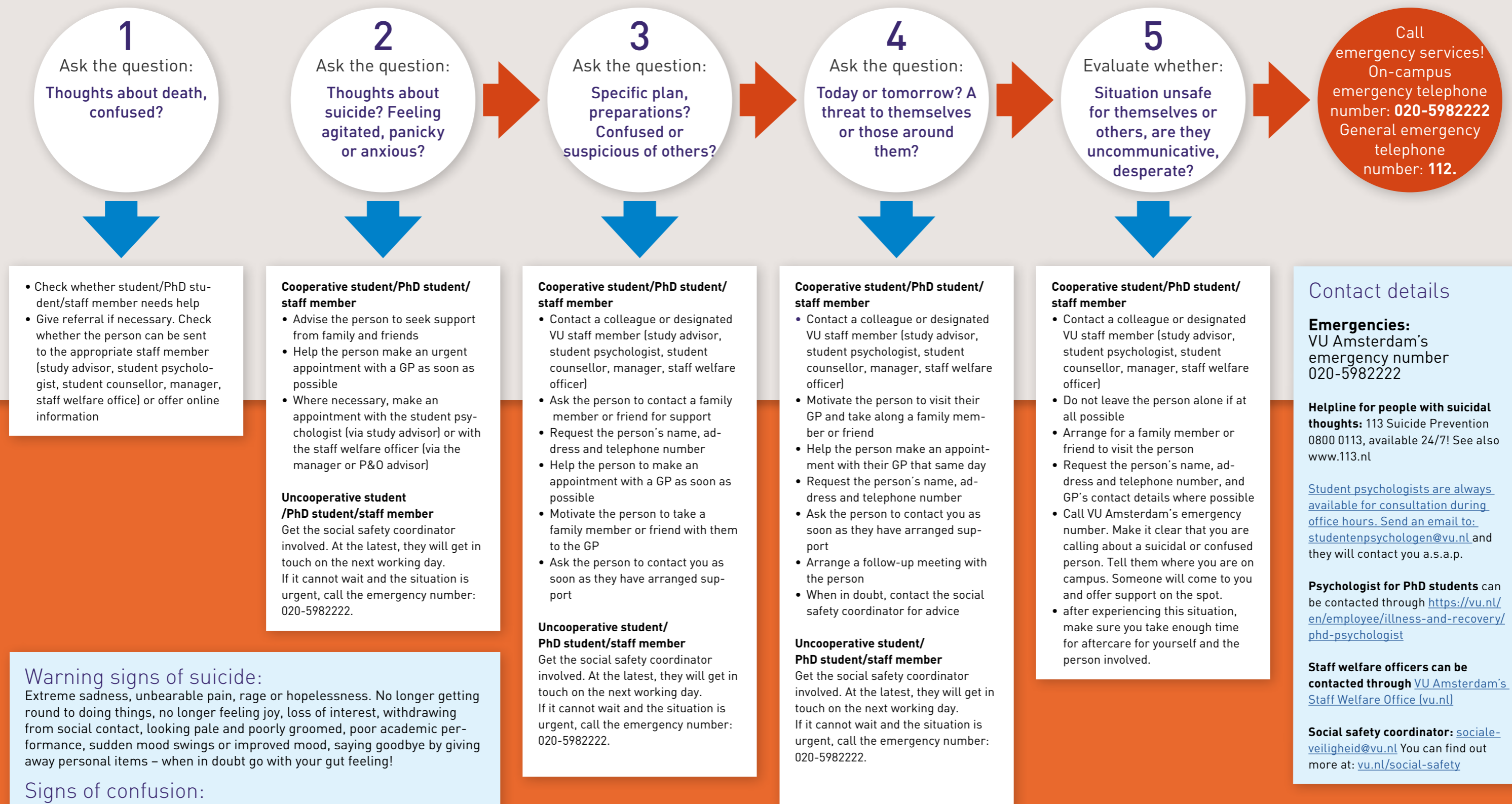


Guide to helping suicidal or confused persons

5 steps to providing appropriate care



Warning signs of suicide:

Extreme sadness, unbearable pain, rage or hopelessness. No longer getting round to doing things, no longer feeling joy, loss of interest, withdrawing from social contact, looking pale and poorly groomed, poor academic performance, sudden mood swings or improved mood, saying goodbye by giving away personal items – when in doubt go with your gut feeling!

Signs of confusion:

Disturbed speech, behaviour and feelings. Erratic speech or not finishing sentences, displaying different emotions simultaneously, starting something but not finishing it. Being suspicious of people, believing they are being sent special signals from a higher being by radio or television, believing they have special powers. Hearing voices, seeing things, experiencing things others don't notice.