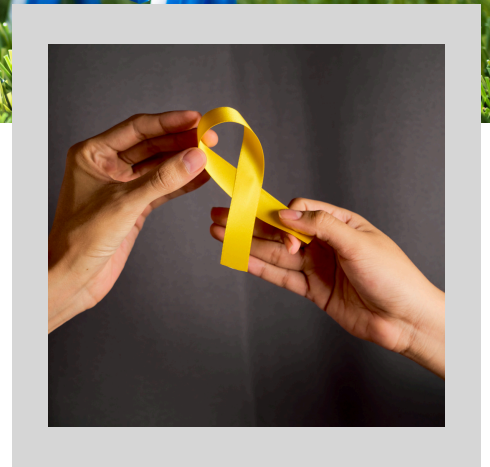




# YOU MATTER

## A GUIDE TO SUICIDE PREVENTION



### **Understanding the Facts, Debunking Myths, and Taking Action**



### **What is Suicide?**

Suicide is the act of intentionally causing one's own death. It is a complex issue with various contributing factors, including mental health conditions, emotional pain, and difficult life circumstances. However, suicide is preventable with the right support and intervention.

# COMMON MYTHS VS. REALITY

Myth	Reality
"People who talk about suicide won't do it."	Many people who are contemplating suicide do express their thoughts, often as a plea for help.
"Suicide happens without warning."	Most people show warning signs, such as changes in behavior, mood, or talking about death.
"Once someone decides to die by suicide, nothing will stop them."	Many people contemplating suicide are conflicted and may be relieved if someone reaches out.
"Only people with mental disorders are suicidal."	While mental disorders are a risk factor, many people who die by suicide were not diagnosed with a mental health condition.



## KEY FACTS & STATISTICS

- **Global Reach:** Over 700,000 people die by suicide every year. That's one person every 40 seconds.
- **Youth Impact:** Suicide is the second leading cause of death among individuals aged 15-29.
- **Gender Differences:** While women are more likely to attempt suicide, men are more likely to die by suicide.
- **High-Risk Groups:** Individuals with a history of mental health disorders, substance abuse, or those experiencing extreme stress or trauma are at greater risk.



# HOW TO HELP AND PREVENT SUICIDE

## Recognize the Warning Signs

- Talking about feeling hopeless, trapped, or having no reason to live.
- Increased use of alcohol or drugs.
- Withdrawing from friends, family, and social activities.
- Sudden mood swings, anger, or aggressive behavior.
- Giving away prized possessions or putting affairs in order.



## Take Action

- Ask Directly – Don't be afraid to ask, "Are you thinking about suicide?" It shows you care.
- Listen Without Judgment – Offer a non-judgmental ear and express empathy. Avoid giving advice or minimizing their feelings.
- Encourage Professional Help – Suggest reaching out to a mental health professional, counselor, or doctor.
- Stay Connected – Keep in touch regularly to provide ongoing support and show them they are not alone.
- Remove Access to Lethal Means – If possible, ensure there is no access to weapons, medication, or other means that could be used in a suicide attempt.



## Self-Care and Support for Loved Ones

- Take Time for Yourself: Supporting someone in crisis can be emotionally draining; prioritize your well-being.
- Seek Professional Guidance: Consider speaking to a counselor or joining a support group for caregivers.
- Stay Informed: Educate yourself on the signs and symptoms of suicide risk.





# YOU ARE NOT ALONE: REACH OUT!

I. National Institute for Mental Health  
0917-899-USAP (8727)  
0917-989-8727

II. In Touch Philippines  
Call Crisis Line, any time  
+63 2 893 7603 (Landline)  
+63 917 800 1123 (Globe)  
+63 922 893 8944 (Sun)

III. Philippine Red Cross  
24/7 suicide prevention hotline,  
toll-free  
HOPELINE 2919 (for Globe & TM  
Subscribers)  
091 7558 4673 or 8044673

IV. Manila Lifeline Centre  
Hotline: (02) 8969191  
Hotline: Mobile phone: 0917 854 9191



## Resources

- World Health Organization: [www.who.int](http://www.who.int)
- National Alliance on Mental Illness (NAMI): [www.nami.org](http://www.nami.org)
- American Foundation for Suicide Prevention (AFSP): [www.afsp.org](http://www.afsp.org)
- Suicide Prevention Lifeline: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- International Association for Suicide Prevention (IASP): [www.iasp.info](http://www.iasp.info)