452 lives were lost to suicide last year in Singapore.

Reach out to someone you know today.

Every life counts.

Source: Samaritans of Singapore
Risk Factors

1. Previous attempt or family history of suicide
2. Mental health conditions
3. Serious or chronic health conditions
4. Distressing life events (divorce, job loss, death of close ones, etc.)
5. Prolonged stress factors (bullying, abuse, unemployment, etc.)

Source: Samaritans of Singapore
Dealing with suicidal thoughts

- Stay around other people
- Confide in trusted friends and family
- Avoid drugs and alcohol
- Seek support from mental health or counselling professionals
- Call the hotlines (see below) or a trusted friend

Source: Samaritans of Singapore
Helping someone in crisis

Listen to understand

Recognise their struggle or what they have just said and invite them to keep talking. A person would not bring up suicide unless they are going through a highly distressing period in their life.

Encourage them to seek help

Let them know that it is perfectly fine to seek out other additional help they may require.

If they are thinking of reaching out to mental health professionals for help, offer to accompany them to make an appointment if necessary.

Having someone there with them can help them feel less alone and uncertain.

Source: Samaritans of Singapore
Remember that you are never alone.

NUS Resources

- CHRS e-learning SIDT course (for staff)
- NUS Health and Wellbeing Articles
- NUS Heart (external support for staff)
- NUS Health and Wellbeing Check-in Sessions (internal support for staff)
- University Counselling Services (for students)

Helplines

- Samaritans of Singapore: 1-767 (24 hours)
- Institute of Mental Health: 6389-2222 (24 hours)