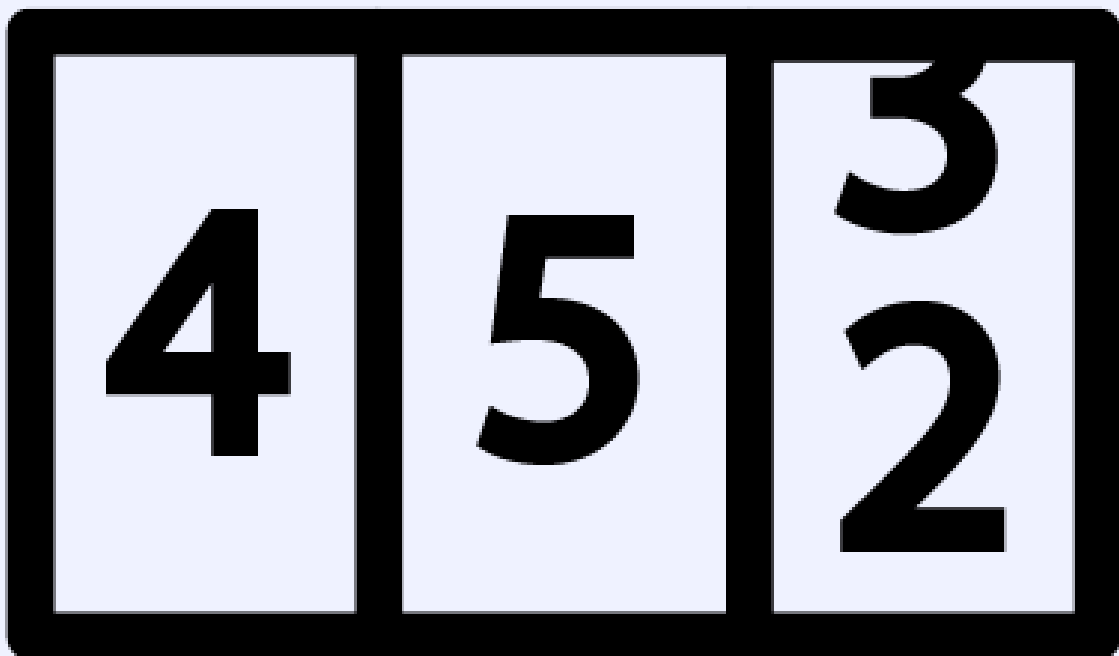


452 lives

were lost to suicide last
year in Singapore.



Reach out to someone
you know today.

Every life **counts.**

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.)



Dealing with suicidal thoughts

Stay around other people

Seek support from mental health or counselling professionals

Confide in trusted friends and family

Avoid drugs and alcohol

Call the hotlines (see below) or a trusted friend



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.



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)