



BITS Pilani
Dubai Campus

September is suicide awareness month

**To know more visit
the counselor**

Room 326

Why should you be aware about suicide?

- Knowledge about suicide can help save a life
- Awareness can help you look out for signs
- Suicide is a cry for help
- Life is precious - preventing suicide is a priority
- Suicide is often a way to escape from psychological pain and not an escape from life
- Lack of resources to deal with psychological pain, makes suicide seem to be the only option available



SAFETY PLAN – Toolkit to prevent suicide

1. Make a list of the triggers/warning signs that lead to suicidal thoughts

Could include thoughts/emotions/images/memories

2. Form a few behavioral tools to manage self harm

Include physical activities Eg. Going for a walk, call a friend

3. Calming techniques to manage self harm

Include activities that will soothe yourself. Eg. Breathing exercises, listen to music



SAFETY PLAN – Toolkit to prevent suicide

4. What could you tell yourself when you think of harming yourself?

Include statements that could reduce the risk of self harm

Eg. harming myself will not help me relieve my pain. I will try to endure this distress.

5. Make a list of your emergency contacts/names of people who can help

Include friends and family contact no.

UAE helpline no
(Call/WhatsApp):
8004673

6. Write 3 reasons why life is worth living

Things to look forward to/ things you are grateful for



Do's while helping someone with suicidal ideation

- ✓ Be direct, talk openly about suicide
- ✓ Listen, and allow the person to express thoughts and feelings
- ✓ Accept and be nonjudgmental about the person's thoughts and feelings
- ✓ Empathize
- ✓ Offer hope
- ✓ Buy time – seek help
- ✓ Consider alternatives – use distractions to cope
- ✓ Remove harmful objects from surroundings
- ✓ Be vigilant – don't leave them alone



Don'ts while helping someone with suicidal ideation

- × Don't lecture (right/wrong, good/bad)
- × Don't dare/ use guilt / threaten to prevent
- × Don't advice
- × Don't ask "why"
- × Don't act shocked
- × Don't promise secrecy
- × Don't offer empty promise

