WORRYING SIGNS OF SUICIDE AND RISK FACTORS

Worrying Signs of Suicide

- Talking or joking about dying/suicide
- Self-harming behavior eg self-cutting, banging head against wall
- Sudden and prolonged loss of interest in hobbies, daily living or self-care (e.g. hygiene)
- Tendency to isolate oneself for no apparent reason
- Prolonged sadness, helplessness or hopelessness
- Feeling depressed or lethargic constantly
- Lack of usual physical energy or concentration/inability to focus or both

Verbal Cues

- “I want to die” or “I’m going to kill myself”
- “I want to end the pain” or “I want to end it all”
- “Things will never get better…”
- “No one would miss me if I were gone”
- “I wish I were dead”
- “No one cares anymore”

Other Suicide Risk Factors

- Previous suicide attempts
- History of suicide in the family
- Mental illness
- Substance abuse e.g. alcohol or drugs
- Recent death of a family member, close friend or a favourite pet
- Loss of physical health
- Loss of job, work-related issues
- Break-up or divorce of an intimate relationship
- Financial difficulties
- Disappointment/Disillusionment/Unmet expectations of deep personal issues

If you are concerned that your student may be suicidal or has suicidal intent, you may consider the following steps:

1. Ask and observe for physical changes and behaviours.
2. Observe or listen intently for thoughts or plans of suicide.
3. If you feel that the student needs professional help, you may refer the student to seek counselling at the Student Wellbeing Centre.
4. In the case of emergency, please contact the 24-hour NTU Campus Security and Emergency Hotline at 6790 5200.