

Suicide Awareness

The suicidal tendency is considered as an emergency and of primary importance in the field of mental health. Although it is very difficult to predict and prevent suicide, it is always possible to reduce the risk of suicide by recognizing the clues.

Symptoms

- Beginning to express thoughts about self-harm (talking about the incomprehension of life, talking about death, etc.)
 - Increase in alcohol-drug use
 - Disruptions in eating patterns
 - Difficulty falling asleep
 - Depressed mood, intense feelings of hopelessness
 - Self-isolation
 - Staying away from activities you enjoy
 - Intense bursts of anger
- Do not hesitate to engage in risky behavior (stopping medications, driving drunk, etc.)
 - Tendency to say goodbye to relatives
 - Completing unfinished business
 - Preparing for death (giving away valuables, funeral arrangements, division of property, etc.)

If you observe situations similar to the symptoms listed above in yourself or in the people around you, you should definitely contact a mental health professional quickly.

Risk Factors

- Coping with mental health conditions (depression, bipolar disorder, alcohol-substance addiction, schizophrenia, etc.)
 - Having a past suicide history
 - Having a family history of suicide
 - Having a history of trauma or abuse
 - Being bullied
- Diagnosis of a disease or chronic pain conditions
 - Experiencing the loss of a loved one
 - Experiencing financial loss
 - Social isolation and loneliness
- Witnessing/exposure to someone else's suicide
 - Forced migration

It should not be forgotten that not every individual with the risk factors listed above will have a suicidal tendency, and that having more than one of the risk factors increases the risk of suicide!

Methods of Coping with Suicide

In order to combat suicide prevention, it is necessary to deal with the environment in which the person lives and to strive to raise the welfare level of the society. Here are a few steps we can take to address suicide from a societal perspective.

- Trying to obtain information about suicide from scientific and reliable sources.
- Being aware of and combating suicidal myths and presenting correct information instead
- Not making posts on social media and similar platforms that show suicide as a solution and instead emphasizing the importance of mental health
- Participating in the work of state institutions and non-governmental organizations on suicide, making efforts for social awareness

If you have a relative who is likely to commit suicide;

- Since talking about and accepting problems is the first step towards a solution, openly ask the individual if he/she is considering suicide.
- Talking about suicide does not lead to suicide, on the contrary, sharing this subject provides relief to the individual.
- Try to instill hope in the individual without making promises or promises such as 'everything will be fine'.
- Instead of giving advice, look for solutions so that he can realize different options with him.
- Ensure that the individual is not alone and that there are no items (weapons, cutting tools, etc.) that can be used to attempt suicide.
- Support and encourage the individual at risk of suicide to consult a mental health professional.

- You can support the individual in alleviating his responsibilities.
- You can direct him to the activities that he used to do but now leave, and you can accompany him in these activities.
- Managing the suicide process requires a comprehensive process and collaboration. Share the process with other relatives of the individual you can trust (such as friends, teachers, family).
- Informing the individual about the school's PDRM service and assisting in the referral process.
- If the suicidal tendency is very intense at that time, you should inform the PDRM service, infirmary and security quickly about the situation if you are in the school.
- If the suicidal tendency is too intense at that time and we are out of school, you can call 112 emergency services.

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