

# SUICIDE PART IV & V



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EXPERTISE | EXPERIENCE | INTEGRITY

## **Recognize Warning Signs Part IV**

By and Large suicide is preventable. If you pay attention to possible warning signs – in yourself and others – you may be able to help save a life. Remember: Talking about your concerns with someone is more likely to save them than to drive them to see their plans through.

### Verbal Warning Signs

- Talking about being a burden, or the word being better without them.
- Expressing the desire to no longer exist or die.
- Frequent mood swings.
- Giving away their belongings.
- Sleeping all the time or changes in eating habits.
- No longer able to find joy or pleasure in things they once enjoyed.
- Emotional outbursts (anger, sadness, anxiety, etc.) happen frequently or without warning.
- Sudden joy or excitement after prolonged periods of depression.

## **How To Listen Part V**

Active listening helps build trust and empathy between people. Active listening is more than just hearing someone speak; it requires attention, concentration and listening with your senses. By striving to understand and empathize rather than reply or solve, the other person can feel inspired to heal from their own mental health challenges. Active listening is an effective way to provide emotional support and validation.

- Minimize Distractions  
Not only is it important to set down your phone. It's also important to quiet your inner dialogue and pay attention.
- Reflect what you Hear  
Without interrupting to give advice, paraphrase what they have told you. For example, saying "I'm hearing that you're having a hard time with this situation."
- Focus on Nonverbal Communication  
Nod and make eye contact to show that you care when someone open to you. Your body language should indicate that you are not passing judgement.