



**W H E N
Y O U R
F R I E N D
N E E D S
H E L P . . .**



**risk of
suicide
and
help**

Each suicide is a painful loss. It is a loss of the greatest gift – human life. It destroys lives and it takes a very long time to restore them. It does not solve anything. It leaves only suffering and thousands of missed opportunities.

Many suicides can be prevented.

You can reduce the risk of suicide:

- ▶ Learn to recognize the risk of suicide.
- ▶ Know what to do in such cases.

Depressed person can find it difficult to describe his feelings in words. However, there are many signs showing how much he suffers.

Look closely at your friends. Maybe one of them has changed a lot:

- ▶ Recently lived through a difficult experience (loss, humiliation, abuse, shame, is being humiliated, abused or extorted right now).
- ▶ He seems depressed, in despair, helpless, ashamed or guilty.
- ▶ He can hardly concentrate at the university, fails to follow routine, stopped learning.
- ▶ Lost interest in the things that previously found relevant.
- ▶ Started smoking and drinking heavily or using drugs.
- ▶ He has problems with sleep and appetite, and complains of various ailments.
- ▶ His mood is unstable and unpredictable. Crying quickly changes to excessive joy or sudden outburst of anger.

- ▶ He started harming himself.
- ▶ His drawings, essays and music are charged with death.
- ▶ He directly or indirectly talks about suicide (“Living makes no sense”, “Everybody will be better off without me”).

You should be especially concerned if your friend:

- ▶ Started saying goodbyes to the loved ones: he returns their things, pays debts, and writes letters.
- ▶ He sees no way out of the situation, overpowered by difficult and depressing feelings.
- ▶ He has no support in his environment.
- ▶ He has planned a specific place and time for suicide.

This indicates that your friend's life can be in danger. He needs immediate help.

Don't be scared and act.

**how can
you help?**



Show him that you are interested and sincerely concerned.

Try to talk and listen. Give him a chance to talk about his problems. He probably feels lonely and thinks that nobody understands his suffering. Show him that you can hear and understand him.

Don't be quick with judgment, excuses and advices. Give him a chance to understand his feelings.

If you are worried that your friend might be thinking about suicide – ask him about it directly. This will show him that you understand his feelings.

Tell your friend that talking to you was a right thing to do.

Remind him that he has not tried all opportunities yet. Together discuss what could help him.


Don't try to solve everything yourself. It is useful to contact student's parents, relatives, those who can take care of him. Even when it seems that everything will be fine, a conversation with psychologists is not a bad idea. They will surely give an advice.

If you see that your friend's life is in serious danger, inform everybody who can help (parents, lecturers, doctors, psychologists, and police).

If you can sense a serious risk, don't leave your friend alone. Wait for the help together. He might not like it, but later he will thank you.



**IT IS ALWAYS
WORTH TO SEEK
FOR HELP!**



what you shouldn't do?

Don't deny your friend's feelings by saying: "take it easy, it's ok!", "that's nonsense!", "don't think about it!". This will show that you don't want to listen to him.

Don't lie, don't give false promises. Your friend would be disappointed in you.

Don't hide the risk of suicide. This can cost your friend's life. Tell your friend that you find it too hard to keep this secret, that he has not considered all possibilities.

You will find help at:

- ▶ KTU psychologist psychologas@ktu.lt
- ▶ General practitioner

**seek for professional
help together!**

student information center

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phone 8 37 300 743