

## KNOW THE SIGNS

Every day, there are friends, family or co-workers around you who could be struggling with emotional pain. They may even have suicidal feelings, but don't show them or they may only complain of physical aches and pains.

If a friend or family member shows any of the following, especially if they are acting in ways that are not typical, reach out to provide help in time.

- Talking about wanting to die or suicide
- Seeking methods for self-harm or suicide
- Feeling hopeless, overwhelmed by stress, trapped
- Changes in sleep
- Mood swings, anger, anxiety
- Withdrawal
- Reckless behavior
- Increased drug or alcohol use
- Giving away possessions
- Feeling like they are a burden to others
- Putting affairs in order

# PAIN ISN'T ALWAYS OBVIOUS



THE SHADOW IN THE HEART NEEDS SOMEONE TO GIVE A HAND!

心中的陰影, 需要有人伸出援手!

KNOW THE SIGNS



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認識前兆



## 瞭解徵兆

每天, 身邊的朋友, 家人或同事, 都有可能正在痛苦的情緒中掙扎, 甚至內心產生自殺的念頭, 他們有可能只抱怨身體上的疼痛及痛苦, 甚至外表卻似乎若無其事。

若你朋友或家人出現以下任何警告徵兆, 並出現不尋常的行為, 請伸出援手, 及時提供協助。

- 談過想尋死或自殺的念頭
- 尋找傷害自己的方法
- 深感沮喪, 不堪壓力負荷或陷入情緒困境
- 一直嗜睡或失眠
- 經常喜怒無常, 煩躁或憤怒
- 對自己原本喜歡的事物失去興趣
- 作冒險的行為讓自己陷入危險之中
- 增加酒精或藥物的用量
- 將自己的財物送贈給別人
- 感覺自己成為別人的負擔
- 安排整理自己的事務

## 尋找適當言語

跟你所關心的人傾談有關自殺並不容易。但對於自殺預防來說，及時和您所關心的人傾談有關您所察覺到的警告徵兆非常的重要。若您想尋找適當的方法來開始交談，以下是一些實用的建議：

### 嘗試開始交談

在對話中提到你所注意到的警訊

### 探問自殺傾向

“我真的很在乎你，所以我需要知道，你是不是在考慮結束自己的生命？”

### 用心傾聽

表達關心並安撫對方的情緒

下列為可協助支援他們的有效方法：

- 陪伴在側，並表達你的關心及隨時從旁相助的意願
- 安撫並讓他們瞭解尋求幫助並非可恥的事
- 與精神健康臨床專家或醫師，社區領袖或其他家庭成員討論下一個步驟

## 尋求外援

請撥打全美自殺預防生命線

**1.800.273.8255**

多位訓練有素的輔導員可為你提供每週7天，每天24小時的全天候支援。

此外，你亦可瀏覽英文網站  
**suicideispreventable.org**  
上“Reach Out” (尋求外援)

內容，尋找關於你居住區域附近所提供的協助資源。

## REACH OUT

Call

**1.800.273.8255**

Trained counselors are available 24/7 to offer support at the National Suicide Prevention Lifeline.

Visit

**www.suicideispreventable.org**  
for more information and local resources.

## FIND THE WORDS

Talking to someone about suicide can be difficult. But when it comes to suicide prevention, it is important that you speak with the person right away if they show any warning signs. Finding the words to begin the conversation can be difficult. Here are some practical suggestions:

### START THE CONVERSATION

Mention the warning signs you are noticing.

### ASK ABOUT SUICIDE

*“I really care about you, so I need to know if you are thinking about ending your life?”*

### LISTEN WITH YOUR HEART

Express concern and reassure.

**The following are some ways you can help and support them:**

- Stay with them and show that you care and are there to help.
- Reassure them that there is no shame in getting help.
- Talk to and discuss next steps with a mental health clinician or doctor, a community leader or other family members.