

## Suicide Prevention Advice

# Wait!

**W** **Watch out** for signs of distress and changes in behavior.

**a** **Ask** "Are you having suicidal thoughts?"

**i** **It will pass** - assure your loved one that, with help, their suicidal feelings will pass with time.

**t** **Talk to others** - encourage your loved one to seek help from a Gp or health professional.

World suicide  Prevention Month

**prioritize  
your  
mind.**

