A Cry for Help

Many people who are suicidal attempt to communicate that they are considering it. They are not always heard. Some families are genuinely astonished following the suicide of a loved one – they had no idea there was anything wrong.

It is important to keep our eyes and hearts open to cries for help. Suicidal people often tell us in several ways, directly or indirectly:

Writing – Sometimes by writing a poem, story or in the words of a song. They may leave their Journal lying around hoping someone finds it.

What they say – Things like, "I'd be better off dead!" or "I can't live like this any longer!" or even, "I've decided to kill myself." In a not so obvious way they may say, "What's the point of going on? Who cares if I'm dead anyway? The world would be better off without me in it."

Giving things away – Suicidal people may prepare for death by giving away their favourite things. They usually give them to someone they respect and like. Usually that person can help them the most.

Changing behaviour – You may notice a change in their behaviour – what they are eating, their sleeping patterns, they may stop socialising, experience dark moods and become depressed or use drugs.

Suicidal people operate from emotions rather than from rational thinking. They may feel depressed, fearful, overwhelming guilt or shame, hopeless and helpless, isolation, being trapped, sadness, anger or desperation.

Most suicidal people are looking for a way to STOP THE PAIN rather than to die.

Facts about Suicide

- Eight out of ten people who kill themselves give definite signs of their suicidal intentions. People who make suicide threats and attempts must be taken seriously.
- Most suicidal people are undecided, often right up until the last minute about living or dying. They gamble with death, leaving it up to others to save them.
- Most people who wish to kill themselves are suicidal for only a limited period of time. They often go on to lead meaningful lives.
- Suicide does not run in families.
- Most suicidal people are extremely unhappy! They are not generally mentally ill.
- Research shows that nine out of ten suicidal people do not really intend to die.

In most cases the person does not have to die for the pain to stop.

DEPRESSING POETRY
Grace Lily (16)

When she was sick
Dearest
Dearest
Dearest
Rain
My Mother
Thinks I am
Insane

Sometimes
Times like today
When both my parents
Hold very queer
Expressions
On their faces
I feel a
Controllable
Urge to laugh.

Written while I was sick and my parents were asking me why I wanted to die.