

Suicide Prevention Day is 10 September 2019

About one million people die by suicide each year. World Suicide Prevention Day helps us all build awareness that suicide is preventable.

The following are some of the signs you might notice in yourself or a friend that may be reason for concern.

- Feelings of hopelessness or worthlessness, depressed mood, poor self-esteem, or guilt
- Not wanting to participate in family or social activities
- Feelings of anger, rage, need for revenge
- Feeling exhausted most of the time
- Trouble concentrating
- Frequent physical symptoms such as headaches or stomach aches
- Changes in sleeping and eating patterns
- Feeling listless, irritable
- Regular and frequent crying
- Not taking care of oneself
- Reckless, impulsive behaviours

Available any time, any day, your Employee Support Programme can provide free, confidential support on this topic, as well as any issue that matters to you and your family.



AROUND-THE-CLOCK, FREE, CONFIDENTIAL ASSISTANCE

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