

# STUDENTS HELPING STUDENTS



Something to remember is that we're never too young to learn is that asking, "are you ok?" can make a difference - and it's a message we want to take into the classroom. By giving students the confidence to start conversations regularly and with real care, they can be the generation that transforms the way we look out for anyone struggling with life. Asking someone if they're ok can help them cope with stressful times, such as exam periods or when school work is building up.

## **Remember Suicide can be prevented.**

The best way to prevent suicide is to be aware of some of the common warning signs. Although some suicides do occur without warning, most people will show some outward signs. Recognize when someone is suicidal but importantly, be aware of the first signs of trouble.

### **Here are some warning signs:**

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless
- Talking about having no reason to live
- Talking about feeling unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Talking about seeking revenge
- Displaying extreme mood swings

## **Be Aware of Feelings**

Many people at some time in their lives think about suicide. Most decide to live because they eventually come to realize that the crisis is temporary, and death is permanent. On the other hand, people having a crisis sometimes perceive their dilemma as inescapable and feel an utter loss of control.

### **These are some of the feelings and thoughts they experience:**

- Can't stop the pain
- Displaying extreme mood swings
- Can't think clearly
- Can't see any way out
- Can't sleep, eat or work
- Can't get out of depression
- Can't make the sadness go away
- Can't see a future without pain
- Can't see themselves as worthwhile
- Can't get someone's attention
- Can't seem to get control

**If someone you know exhibits these symptoms, offer help! Visit: [www.ruok.help](http://www.ruok.help) for more info.**