



**Ask yourself**  
What do you see?  
What do you hear?  
What do you know?

If you are concerned, follow your instincts. **You may not see obvious signs but there may be hints....**

For warning signs of suicide and how to take first steps to help, see [www.3ts.ie](http://www.3ts.ie)



**24 Hour Crisis Helplines:**  
Pieta House Freephone 1800 247 247  
Samaritans Freephone 116 123

Your supports or local services:

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For Crisis & Specialist Helplines & Services see [www.3ts.ie](http://www.3ts.ie)

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**3 steps to help prevent suicide**

know the **signs**  
know the **words**  
know your **supports**

## know the signs

Warning signs of suicide are not always obvious but there may be hints. Look out for:

**Behaviour Changes**  
mood swings, sleep pattern, hopeless, desperate, anxious, depressed, withdrawn, disinterested, angry, negative

**Out of character**  
reckless behaviour, increased drug or alcohol use, giving away possessions or settling affairs

**Calm**  
a person planning a suicide can appear calm or relieved.

Learn more on [www.3ts.ie](http://www.3ts.ie)

## know the words

It's OK to be direct  
Your words and actions can make a difference. Ask simple, direct questions, be non-judgemental and non-confrontational.

- Start the Conversation
- Ask about Suicide
- Listen

**Are you thinking about Suicide?**  
It may be a difficult question, but be direct. It's ok to ask about suicide.

Listen their response is an opportunity for you to help.

For tips on what to say and what not to say see [www.3ts.ie](http://www.3ts.ie)

## know your supports

**Help is available**  
You just need to know where to look.

A person who feels suicidal should never be left alone.  
If you are concerned for yourself or for another person call a 24/7 Suicide Helpline.  
In an emergency, attend your GP or local A & E department.

To find Crisis Helplines and Specialist Support Services see [www.3ts.ie](http://www.3ts.ie)