



Worldwide Suicide Prevention Day | September 10, 2025



Warning Signs / चेतावनी के संकेत

Know the signs. Save a life.

IMMEDIATE RISK SIGNS

Call for help immediately if someone:

- Talks about wanting to die or kill themselves
- Searches for ways to harm themselves (pills, weapons, etc.)
- Talks about feeling hopeless or having no reason to live
- Says they feel trapped or in unbearable pain

BEHAVIORAL WARNING SIGNS

Watch for these changes:

Mood & Behavior:

- Extreme mood swings
- Sudden calmness after depression
- Increased alcohol/drug use
- Reckless behavior
- Giving away possessions

Social & Physical:

- Withdrawing from friends/family
- Loss of interest in activities
- Sleeping too much/too little
- Dramatic appetite changes
- Neglecting personal hygiene

मूड में बदलाव, अकेलापन, और व्यवहार में परिवर्तन पर ध्यान दें

WHAT TO DO

If you notice warning signs:

- Take it seriously • Ask directly about suicide • Listen without judgment
- Get professional help • Stay with them • Remove harmful items



Creating Hope Through Action

For immediate help: KIRAN 1800-599-0019 | Vandrevala 9999 666 555
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