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C PSYCHOL

SIGNS OF LOW MOOD/DEPRESSION AND
SUICIDE RISK

DEPRESSION

SIGNS AND SYMPTOMS

How you might feel

- down, upset or tearful
- restless, agitated or irritable
- guilty, worthless and down on yourself
- empty and numb
- isolated and unable to relate to other people
- finding no pleasure in life or things you usually enjoy
- a sense of unreality
- no self-confidence or self-esteem
- hopeless and despairing
- suicidal

How you might behave

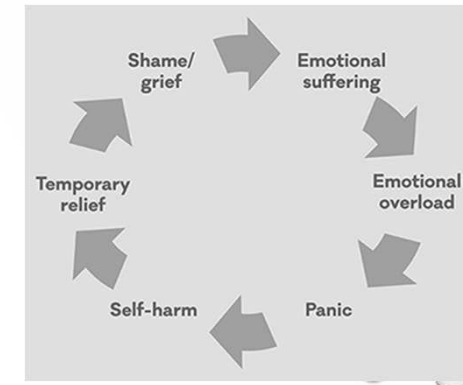
- avoiding social events and activities you usually enjoy
- self-harming or suicidal behaviour
- finding it difficult to speak or think clearly
- difficulty in remembering or concentrating on things
- using more tobacco, alcohol or other drugs than usual
- difficulty sleeping, or sleeping too much
- feeling tired all the time
- no appetite and losing weight, or eating too much and gaining weight
- physical aches and pains with no obvious physical cause
- moving very slowly, or being restless and agitated

- **MILD DEPRESSION – HAS SOME IMPACT ON YOUR DAILY LIFE**
- **MODERATE DEPRESSION – HAS A SIGNIFICANT IMPACT ON YOUR DAILY LIFE**
- **SEVERE DEPRESSION – MAKES IT ALMOST IMPOSSIBLE TO GET THROUGH DAILY LIFE;**

SELF HARM

- **CUTTING (CUTS OR SEVERE SCRATCHES WITH A SHARP OBJECT)**
- **SCRATCHING.**
- **BURNING (WITH LIT MATCHES, CIGARETTES OR HEATED, SHARP OBJECTS SUCH AS KNIVES)**
- **CARVING WORDS OR SYMBOLS ON THE SKIN.**
- **SELF-HITTING, PUNCHING OR HEAD BANGING.**

SELF HARM: THE SELF-HARM CYCLE



(SOME) SIGNS OF SELF HARM

- **UNEXPLAINED CUTS OR BRUISES**
- **COVERING UP EVEN IN HOT WEATHER**

SUICIDE: (SOME) WARNING SIGNS

- **HOPELESSNESS**
- **ACTING RECKLESSLY OR ENGAGING IN RISKY ACTIVITIES,**
- **FEELING TRAPPED – LIKE THERE'S NO WAY OUT**
- **INCREASING ALCOHOL OR DRUG ABUSE**
- **WITHDRAWING FROM FRIENDS, FAMILY OR SOCIETY**
- **ANXIETY, AGITATION, UNABLE TO SLEEP OR SLEEPING ALL THE TIME**
- **DRAMATIC CHANGES IN MOOD**
- **NO REASON FOR LIVING, NO SENSE OF PURPOSE IN LIFE**

THE 'TRIAD' OF RISK BELIEFS

- **THE SELF – 'NOBODY LOVES ME.'**
- **THE WORLD – 'THE WORLD IS AN UNFAIR PLACE.'**
- **THE FUTURE – 'I WILL ALWAYS BE A FAILURE.'**

risk	signs
low	No suicide plan
moderate	Vague plan that isn't very lethal
High	Specific plan that is highly lethal
severe	Specific plan that is highly lethal coupled with expressed intention to take life

HEAR IT TELL IT