

If you feel

life
is not
WORTH
LIVING





If you feel
life is not worth living



Do you feel that...

- The pain seems overwhelming and unbearable.
- You feel hopeless, like there is no point in living.
- You are consumed by negative and disturbing thoughts.
- You cannot imagine any solution to your problems other than suicide.
- You imagine death as a relief.
- You think everyone would be better off without you.
- You feel worthless.
- You feel very lonely even when you have friends and family.
- You do not understand why you are feeling or thinking this way



Remember...

- You are not alone. Many other people have gone through what you are going through and are alive today.
- It is okay to talk about suicide. It can help you feel better.
- Having an episode of self-harm or suicidal thoughts or plans is a sign of severe emotional distress (perhaps as a result of the loss of a loved one, loss of employment, a relationship breakup, or experience of violence or abuse). You are not to blame and it can happen to anyone.
- You can get better.
- There are people who can help you.





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life is not worth living**



What can you do...

**Talk to a trusted family member,
friend, or colleague about how you feel**



**If you think you are in immediate danger of
harming yourself, contact the emergency
services or a crisis line, or go there directly**

**Talk to a professional, such as a doctor,
mental health professional, counsellor
or social worker.**



**If you practice a religion, talk to someone
from your religious community
who you trust**



**Join a self-help or support group
for people who have experience of
self-harm. You can help each
other to feel better**



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* http://origin.searo.who.int/india/topics/depression/about_depression/en/