SUICIDE WARNING SIGNS

Please do not feel hesitant to seek help, if you are experiencing any of the signs below or know someone with any.

**CRITICAL WARNING SIGNS**

- Has a weapon & is threatening to cause themselves harm
- Talking about killing themselves & acting anxious
- Seeking methods to kill themselves
- Talking about death or suicide while drunk or high

**WARNING SIGNS**

- Communicating unusual thoughts
- Drug or alcohol abuse
- Uncontrollable anger or sadness
- Irrational mood swings
- Feeling worthless & without purpose
- Feeling anxious & low
- Change in sleep & eating patterns
- Withdrawal from loved ones
- Chronic health conditions
- Loss of interest in things they enjoyed
- Self-injury or reckless behavior

**SLOW**

- Drug or alcohol abuse
- Uncontrollable anger or sadness
- Feeling anxious & low
- Change in sleep & eating patterns
- Withdrawal from loved ones
- Chronic health conditions
- Loss of interest in things they enjoyed
- Self-injury or reckless behavior

**DO NOT ENTER**

 KNOW WHERE TO SEEK HELP

The team of psychologist and counselors at KOSHISH are here to help you. Call KOSHISH helpline today at 166001-22322 to seek help. We are here to listen. All your information will remain confidential with us.

Note: Nepal Telecom Service Users won’t be charged for the service while calling at this number.