

Talking about suicide saves lives!

Information for people who are feeling suicidal and for those around them.



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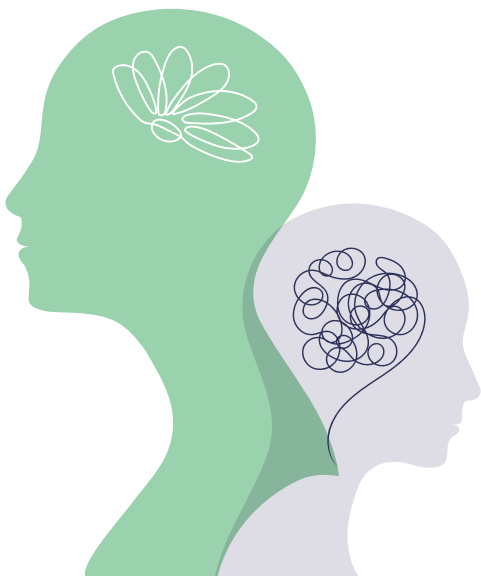
prevention-suicide.lu

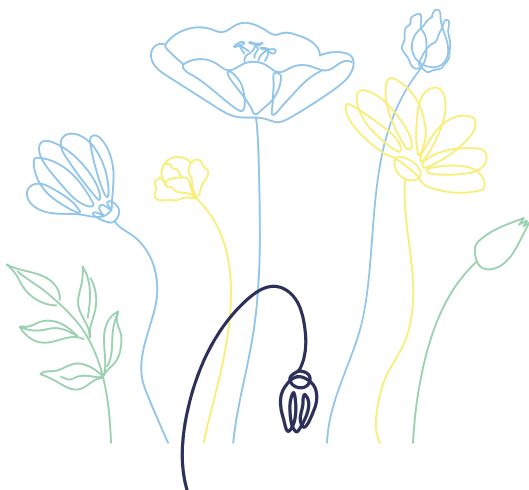
Do not let appearances fool you

A person who is feeling suicidal **may not necessarily seem depressed** at first sight.

Even someone who appears happy or aggressive **may secretly be consumed by sorrow.**

A person **may feel alone** even when **surrounded by other people.**





Pay attention to people who may be at risk

Emotions and thoughts

Sadness, anxiety, agitation, a sense of failure, talking in a negative way

Changes in behaviour

Social withdrawal, giving up activities, neglecting oneself, putting one's affairs in order, giving away personal objects seeking out ways of taking one's own life

Alarming statements

"It would be better if I were dead"
"You won't hear any more about me"
"Soon I shall be at peace"

These signs do not always mean that there is immediate danger, but they should put us on the alert.

Talk about suicide

Even in the depths of a crisis,
there are ways out.

A conversation can change everything.
Take the first step.

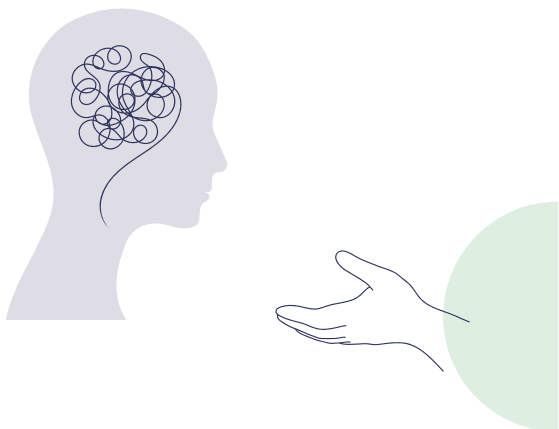


Put the question clearly and simply

“Are you thinking about killing yourself?”

“Are you having thoughts of suicide?”

- ✓ Be a good listener
- ✓ Take what the person says seriously
- ✓ Continue to make yourself available and be understanding
- ✓ Together with the person, look for solutions and sources of support
- ✗ Do not be judgemental
- ✗ Do not promise to keep things secret



Practical points to bear in mind

If you are worried:

- Do not leave the person alone
- If possible, remove anything that might be dangerous (weapons, medicines, etc.)
- Encourage the person to go and see a professional
- Stay in touch

If you are suffering from suicidal thoughts yourself:

- You are not alone
- Talking about it can help, even a little
- You can get help free of charge and confidentially from understanding people



Find information, get training and share
Visit **prevention-suicide.lu**

At any time it is possible to overcome a suicidal crisis

You can talk to:

SOS Détresse

 **45 45 45**

 **454545.lu**

Kanner-Jugendtelefon, KJT

(for children and young people up to the age of 25)

 **116 111**

 **kjt.lu**

Phone numbers important to me:

My general practitioner:

A person whom I trust:

EMERGENCY SERVICES **112**



**Ligue
Santé
Mentale**

1, Dernier Sol
L-2543 Luxembourg

prevention@lisame.lu
T. +352 45 55 33

lisame.lu    

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LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Santé
et de la Sécurité sociale
Direction de la santé



**Plan National
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Luxembourg**