

# Suicide Prevention: How to Help Someone Who Is Suicidal

Brought to you by:



By:

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# Understanding Suicide

- According to the World Health Organization, approximately 1 million people die each year from suicide.
- People with suicidal thoughts are desperate to escape the emotional pain that has become unbearable.
- They are not able to find a way to relieve the pain due to overwhelming feelings of self-loathing, hopelessness, and isolation.
- People with suicidal thoughts don't want to end their lives. They just want to stop the pain.

# Know the signs

- Most people with suicidal thoughts show signs that they are thinking about suicide.
- The signs may appear during their conversations, through their actions, or in social media posts.
- If you spot one or more of these warning signs, especially if the behaviour is new, has increased, or seems related to a painful event, loss, or change, step in or speak up.



# Common misconceptions about suicide

**People who talk about suicide are just trying to get attention!**

Myth

Fact

People talk about suicide as they are in pain and are reaching out for help. They do not know what to do and have lost hope.

**Anyone who tries to kill themselves must be crazy!**

Myth

Fact

Most people with suicidal thoughts are not psychotic or insane. They are upset, depressed, or despairing.

**Suicide always occurs without any warning signs!**

Myth

Fact

Most suicides occur with warning signs that are either verbal or behavioural.

# Common misconceptions about suicide

**There is nothing you can do to stop them!**

Myth

Fact

Suicide is preventable.  
Most people who are suicidal do not want to die. Instead, they just want to stop their pain.

**People who attempt suicide and survive will not attempt suicide again!**

Myth

Fact

People who attempt suicide and survive will often times attempt suicide again.

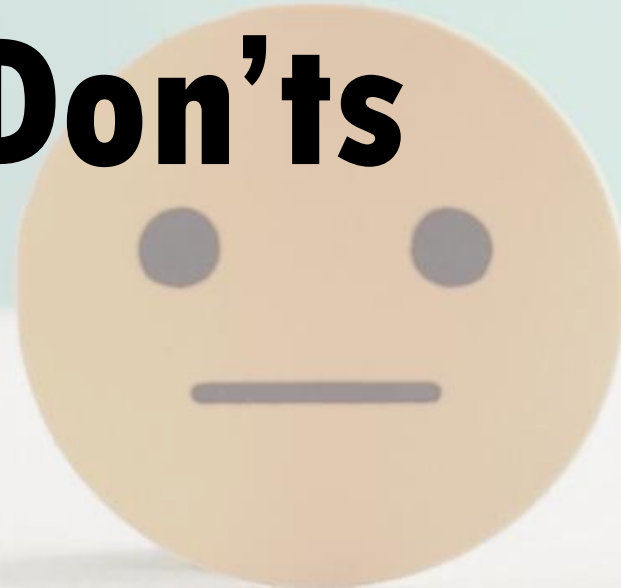
**People with mental health issues are suicidal!**

Myth

Fact

Suicidal behaviour is a sign of unhappiness, not usually of a mental health problem.  
Many people with mental illnesses aren't suicidal, and not everyone who wants to kill themselves have a mental illness.

# Do's and Don'ts



## Do's

Talk and listen to them without judgement

Reassure them that help and treatment is available

Tell them what they experience is treatable and that suicidal feeling is temporary

## Don'ts

Don't try to minimise problems or shame the person into changing their mind

Don't try to convince the person who is suicidal that "It's not that bad"

Don't preach about suicide being right or wrong

# Getting Help



Talking to a family member or friend or colleague can bring huge relief.



Talk to a counsellor or therapist



Visit the hospital



Call suicide prevention hotlines



If the person has a plan to hurt or kill themselves and you fear they are in imminent danger:

- **Stay with that person**, do not leave the person alone. If possible, ask for help from friends or other family members.
- Try to keep the person as **calm** as possible.
- Get them to the nearest **hospital**.
- You may call the Malaysian Emergency Response Services (MERS) at **999**.







# Student Development and Counselling Department



Student Affairs & Alumni, Level 9, Block G



03-9101 8880 (Ext 2435/2086/2087/2088)



[sacounselling@ucsiuniversity.edu.my](mailto:sacounselling@ucsiuniversity.edu.my)



UCSISDCD

*Our counsellors will be available during working hours (9.00am – 6.00pm), but if you face difficulties and need to talk with a counsellor outside of working hours, you may contact the resources or hotlines below for support. In these challenging times, we care about your mental health.*

## MENTAL HEALTH SUPPORT RESOURCES OR HOTLINES

Available languages: C Chinese E English M Malay T Tamil

|  |  |   |  |
|--|--|---|--|
| <b>Befrienders (24 Hours)</b><br>Contact number: 03-7627 2929<br>Email: <a href="mailto:sam@befrienders.org.my">sam@befrienders.org.my</a>   | <span>C</span><br><span>E</span><br><span>M</span><br><span>T</span> | <b>Gem Helpline</b><br>Monday - Friday: 2.00pm – 4.00pm & 7.30pm - 9.30 PM<br>Contact number: 011-2528 9610 & 011-5994 4384<br>Email: <a href="mailto:bgf.counselingunit@gmail.com">bgf.counselingunit@gmail.com</a>              | <span>C</span><br><span>E</span><br><span>M</span><br><span>T</span> |
| <b>Talian Kasih</b><br>24 hours<br>Mon – Sunday: 8.00pm – 12.00am<br>Domestic abuse: 15999 (hotlines)<br>Contact number: 019-2615 999 (Whatsapp)   | <span>C</span><br><span>E</span><br><span>M</span><br><span>T</span> | <b>Pelita</b><br>Tue & Thu: 8.00pm - 10.00pm<br>Sat : 3pm-6pm<br>Contact number: 03-2022 5505<br>Email: <a href="mailto:pelita@ybam.org.my">pelita@ybam.org.my</a>  | <span>C</span>   |
| <b>Sneham Malaysia</b><br>24 Hours (Started from MCO until further notice)<br>Contact number: 1-800-22-5757<br>Email: <a href="mailto:snehammalaysia@gmail.com">snehammalaysia@gmail.com</a> | <span>C</span><br><span>E</span><br><span>M</span><br><span>T</span> | <b>Than Hsiang Mitra Welfare Centre</b><br>Sun - Fri: 8.00pm – 10.00pm (Closed on Saturday)<br>Contact number: 010-821 7681/ 011-3601 8303<br>Email: <a href="mailto:mitraklcounseling@gmail.com">mitraklcounseling@gmail.com</a> | <span>C</span><br><span>E</span><br><span>M</span>                   |



|  |  |
|--|--|
| <b>Life Line Association Malaysia</b><br>Mon – Fri: 10am – 12pm, 6pm – 10pm<br>Mon & Fri: 2pm – 4pm<br>Saturday: 2pm – 5pm<br>Contact number: 011-3157 1495/ 016-7201 495<br>Email: <a href="mailto:counseling@lifeline.org.my">counseling@lifeline.org.my</a> | <b>Telenisa</b><br>Tue, Wed and Thu: 10am – 5pm (Except for Public Holiday)<br>Contact number: 012-8123 424<br>Email: <a href="mailto:telenisa.sis@gmail.com">telenisa.sis@gmail.com</a>                             |
| <b>Mercy Malaysia</b><br>Mon – Fri: 8.00am – 5.00pm<br>Sat: 8.00am – 1.00pm<br>Contact number: 03-2935 9935  | <b>Talian Rahmah</b><br>Daily: 10.00am – 4.00pm<br>Contact number: 017-543 7650 (Azura)/ 013-238 8408 (Ummi)<br>Contact the number and the person-in-charge will provide information on trained volunteer available. |
| <b>MyCareCov19</b><br>Mon – Fri: 8.30am – 4.30pm<br>Contact number: 03 – 8870 7519 / 7527 / 7528 & 03 – 8880 4300<br>Email: <a href="mailto:mycarecov19@islam.gov.my">mycarecov19@islam.gov.my</a>   | <b>Buddy Bear Childline (for children)</b><br>Mon – Sun: 12.00pm – 12.00am<br>Contact number: 1-800-18-BEAR (1800-18-2327)<br>Email: <a href="mailto:buddybear@humankind.my">buddybear@humankind.my</a>              |
| <b>Protect and Save the Children</b><br>Mon – Fri: 8.30am - 5.30pm<br>Contact number: 016-7213 065 (Call/Whatsapp)<br>Email: <a href="mailto:protect@psthechildren.org.my">protect@psthechildren.org.my</a>  | <b>UNHCR</b><br>8.00am – 4.00pm<br>Contact number: 03-2118 4800<br>Email: <a href="mailto:mlsru@unhcr.org">mlsru@unhcr.org</a>   |

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### **SOLS Health**

Centre Operating Hours:

Tue, Thu, Fri & Sat: 9.30am – 9.00pm

Online Operating Hours:

Tue – Sat: 9.30am – 6.00pm

Off Days: Sunday and Monday

Contact number: 018-664 0247

(For consultation & appointment)

Email: [navigaide@sols247.org](mailto:navigaide@sols247.org) & [liana@sols247.org](mailto:liana@sols247.org)

Website: <https://www.solshealth.org/>

### **ASK Psychologist**

Mon – Fri: 10.00am – 6.00pm

Weekend and after working hours-

By appointment only

Contact number: 011-3676 2478

Email: [admin@mpspsy.com.my](mailto:admin@mpspsy.com.my)

Website: [www.mpspsy.com.my](http://www.mpspsy.com.my)

### **Klinik Pakar Dr. Yeoh & Dr. Hazli (Psychiatry)**

Mon - Thu: 9.30am- 1.30pm & 2.30pm - 5.30pm

Friday: 9.30am – 12.30pm & 2.30pm - 5.30pm

Saturday: 8.30am - 5.30pm (By appointment only)

Contact number: 03-9103 0388 & 012-2440 609

Email: [gingging91@gmail.com](mailto:gingging91@gmail.com)

### **Inpsych**

Mon – Sat: 9.00am -6.00pm

By appointment only

Contact number: 017-3311 216

Email: [inquiry@inpsych.com.my](mailto:inquiry@inpsych.com.my)

Website: <http://www.inpsych.com.my>

# References

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- *Smith, M., Robinson, L., & Segal, R. (2020, November). Suicide Prevention. HelpGuide.org. <https://www.helpguide.org/articles/suicide-prevention/suicide-prevention.htm>.*
- *UNDERSTANDING SUICIDE. befrienderskl. (n.d.). <https://www.befrienders.org.my/understanding-suicide>.*
- *Warning Signs of Suicide. SAVE. (n.d.). <https://save.org/about-suicide/warning-signs-risk-factors-protective-factors/>.*
- *WebMD. (n.d.). How to Recognize Symptoms of Suicidal Behavior. WebMD. <https://www.webmd.com/mental-health/recognizing-suicidal-behavior>.*

