



EXPLORE

ACTIONS

Giving away possessions
Withdrawal (family, friends, school, work)
Loss of interest in sport and leisure
Misuse of alcohol, drugs
Impulsive/reckless behaviour
Self-mutilation
Extreme behaviour changes
Prior suicidal behaviour

WORDS

All of my problems will end soon.
No one can do anything to help me now.
Now I know what they were going through.
I just can't take it anymore.
I am a burden to everyone.
I can't do anything right.
I just can't think straight anymore.

PHYSICAL

Lack of interest in appearance
Disturbed sleep
Change/loss of appetite, weight
Physical health complaints

FEELINGS

Desperate
Angry
Guilty
Worthless
Lonely
Sad
Hopeless
Helpless
Disconnected