

SUICIDAL WARNING SIGNS IN OLDER ADULTS

Depression
or anxiety

Substance abuse
or self-harm

Loss of interest
in hobbies

Giving away
cherished items

Social
withdrawal

Neglecting health
or self-care

Reckless or
dangerous
behaviour

Suddenly
updating
their will

Lack of interest
in planning for
the future

WORRIED ABOUT A LOVED ONE?

1. Choose a safe, comfortable time and place to talk.
2. Let them know you are worried; ask them if they're feeling suicidal.
3. Listen, don't criticise.
4. Keep them safe.
5. Help them connect to organisations that can help.
6. Keep in touch and follow up.

If you or a loved one are feeling suicidal, call Lifeline
13 11 14



1300 062 232



raq.org.au

Relationships Australia
QUEENSLAND