

# Do you feel like life is not worth living?

If you sometimes feel that life seems so hard that it is no longer worth living, read on.

## What you might be thinking or feeling

- The pain seems overwhelming and unbearable.
- You feel hopeless, like there is no point in living.
- You are consumed by negative and disturbing thoughts.
- You cannot imagine any solution to your problems other than suicide.
- You imagine death as a relief.
- You think everyone would be better off without you.
- You feel worthless.
- You feel very lonely even when you have friends and family.
- You do not understand why you are feeling or thinking this way.

## What you need to remember

- You are not alone. Many other people have gone through what you are going through and are alive today.
- It is okay to talk about suicide. It can help you feel better.



### REMEMBER:

**If you feel like life is not worth living, reach out for help. You are not alone. Help is available.**

- Having an episode of self-harm or suicidal thoughts or plans is a sign of severe emotional distress (perhaps as a result of the loss of a loved one, loss of employment, a relationship break-up, or experience of violence or abuse). You are not to blame and it can happen to anyone.
- You can get better.
- There are people who can help you.

## What you can do

- Talk to a trusted family member, friend, or colleague about how you feel.
- If you think you are in immediate danger of harming yourself, contact the emergency services or a crisis line, or go there directly.
- Talk to a professional, such as a doctor, mental health professional, counsellor or social worker.
- If you practice a religion, talk to someone from your religious community who you trust.
- Join a self-help or support group for people with lived experience of self-harm. You can help each other to feel better.