Depression
Let's talk

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.