

Suicide

PREVENTION KIT

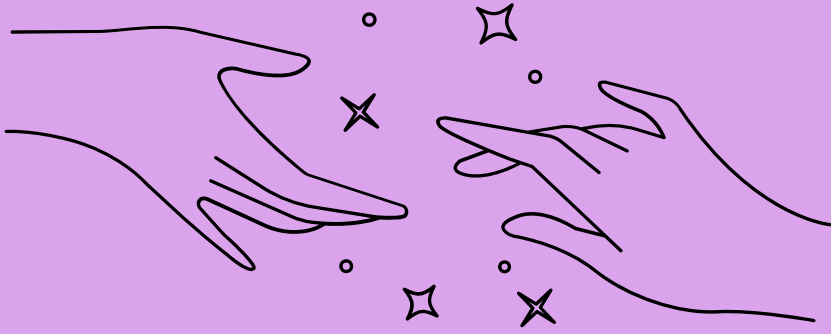


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Suicide Prevention Plan

If you are currently thinking about suicide:

1) Know the warning signs and precipitants

- Withdrawal from activities
- Isolation from family and friends
- Sleeping too much or too little
- Frequently talking about death
- Visiting or calling people to say goodbye
- Giving things away
- Aggressive and irritability
- Fatigue
- Substance abuse.
- Engaging in risky behaviour
- Drastic change in mood and behaviour
- Self-harm
- Making suicide threats
- Hopeless feeling
- Negative view of self



- 2) Avoid the situation that might precipitate the suicidal ideation and behaviour.
- 3) Secure or remove dangerous materials from your place.
- 4) Distract or lift your mood by contacting friends or family members that you trust.
- 5) Keep the contact number of the mental health professionals and crisis help line so that you can reach them out to receive the support.

*** Call 03-7627 2929 to receive the support from Befriender Malaysia Suicide Hotline.**

Suicide Prevention Plan



SAFETY PLAN

If I feel I cannot stay safe from suicide...

I will talk to:

I will seek help from:

I will calm myself by:

I will go to a safe space:

My ideas for keeping safe:

List of Reason Worth Living

Make your life worth living by:

1. Identifying purpose in your life
2. Discovering direction of your life
3. Understanding who you are in this life
4. Believing in yourself why you are here
5. Going after what really matters to you
6. Acquiring a sense of freedom
7. Becoming responsible to do what is right
8. Turning into a new version of yourself that is authentic
9. Being kind in socializing with friends
10. Being able to bounce back to anything life throws at you
11. Living a fulfilling life in whatever the circumstances is

P/s:

I make myself worth living by:

- Prioritizing my needs over my wants
- Validating my own struggles and set meaning toward those experiences

List down 3 things how you could make your life worth? Write here...

- i) _____
- ii) _____
- iii) _____

- Why making life worth living is necessary? Because,
- life is short hence make every second in life worth it
 - small achievement is considered part of achievement.
 - If thing doesn't get better, try out with different plans

How to make your life worth living? Write here...

- i) _____
- ii) _____
- iii) _____

Good things to tell yourself after waking up every morning

"I do not need to justify"

"I am good to myself"

"I cherish my life and I am grateful everyday"

"I am cared for"

"I am loved"

"I am beautiful"

"I am strong"



"I am worthy"

"I am valuable"

"I deserve respect by myself"

"I deserve good things"

"I am a good person"

"I am a great listener"

"I do not need to justify"

"I am more than my appearance"

"I am allowed to get rid of the toxic people in my life"

P/s:

What I always tell myself every morning:
“Do your best in whatever you do.
Put your trust on Allah and Allah is above all”

List down 3 sentences that you will say to yourself every morning? Write here....

- i) _____
- ii) _____
- iii) _____

Saying good things every day helps us to:

- ✓ Increase our happy hormones
- ✓ Improve our esteems
- ✓ Facilitate us to do more good things

List down 3 good things you would like to do today:

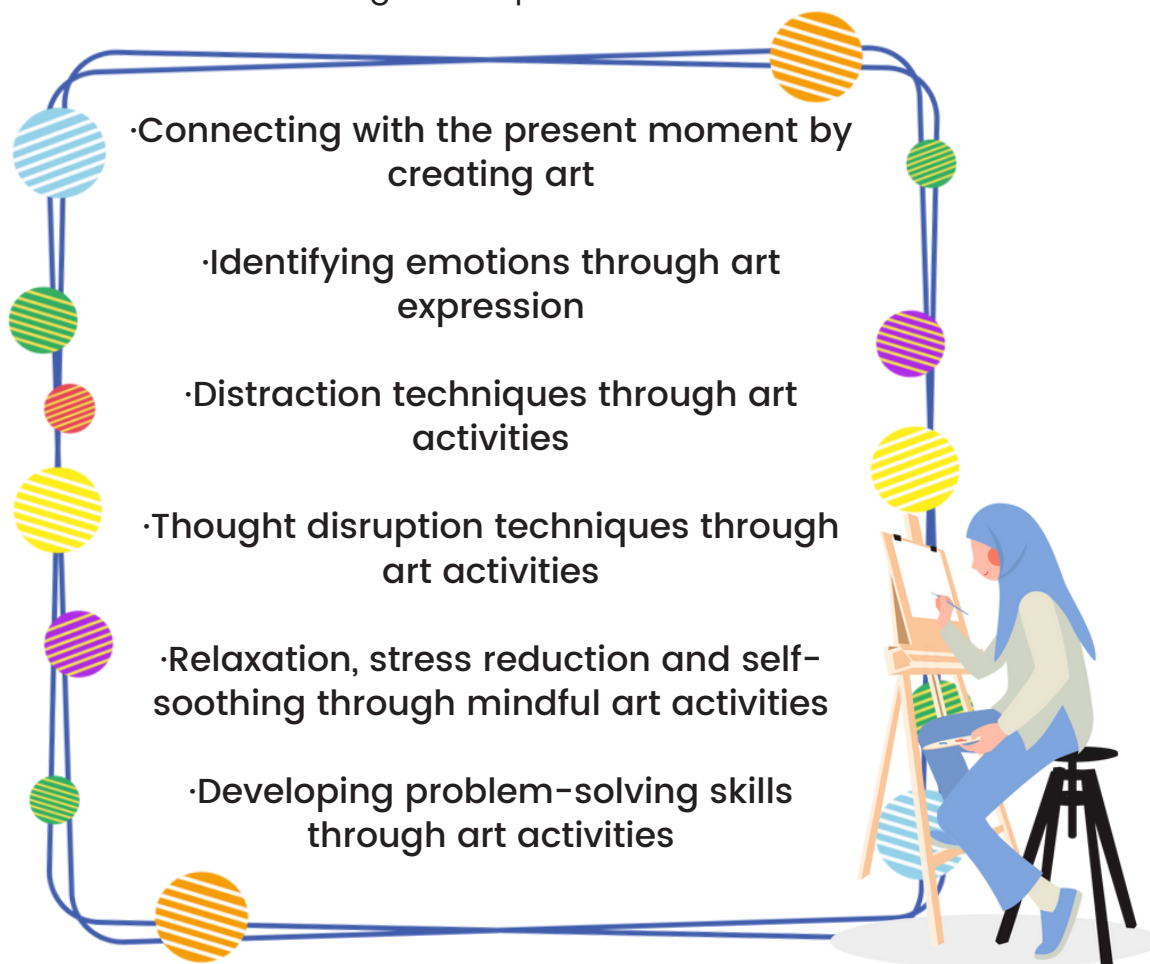
- i) _____
- ii) _____
- iii) _____



Ways to
Combat Your
Suicidal
Thought

Benefits of Art Therapy

Art therapy can help clients who self-harm by introducing some of the below goals as part of treatment:



- Connecting with the present moment by creating art
- Identifying emotions through art expression
- Distraction techniques through art activities
- Thought disruption techniques through art activities
- Relaxation, stress reduction and self-soothing through mindful art activities
- Developing problem-solving skills through art activities

To watch the videos, you may scan the QR code below:



Mindful Breathing
Meditation
(5 Minutes)

10-Minute
Meditation for
Depression

How to Draw your Feelings
and Painting Emotions/Easy
Art Therapy Activity Demo
for Beginners



Instruction for Mandala Colouring

Now that you know about the benefits of art therapy.. Let's try it out!

Mandala is one of the grounding tools that is widely used in adult coloring. The mandala pattern could range from beginner to advance pattern according to the complexity of the pattern.

Follow the steps below to ground your emotions with mandala coloring.

1. Prepare your coloring tools (pencil colors/ soft palates/ etc).
2. Tap into your deepest emotion by asking the following questions:
 - a. How am I feeling today?
 - b. If my feeling has colors, what color could it be?
3. Choose one or more colors that represent your emotions at the moment.
4. Start coloring from the center of mandala and move outward as you progress.
5. Make sure that you always observe your breathing while doing the coloring to increase the element of therapeutic.
6. Always remember that emotions are not harmful. Let it flow...
7. Pause if you feel overwhelmed. Take your own pace.
8. CONGRATULATIONS! Now that you have finished, inhale deeply and exhale. Pat your shoulder and thank yourself for doing great!

Mandala Coloring



Source from Pinterest: [KaylinArt's Amazon page](#)

Relaxation Technique

The Impacts of Gardening to Mental Health

"Where flowers bloom so does hope"

-Lady Bird Johnson-

Empowering positive attributes

Gardening promotes positive attributes because it helps you to practice patience and not to giving up while waiting for the crop to arrive.



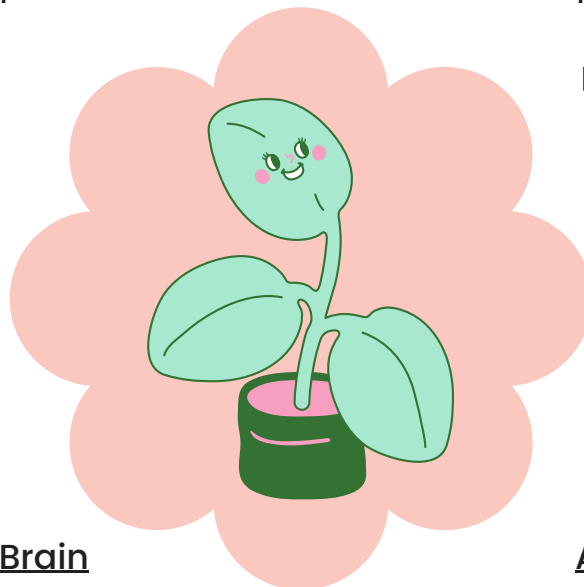
Stress reliever

It helps to reduce level of the cortisol which also known as your body's main stress hormone.



It gives hope

You know that you are not hopeless when you are patiently waiting for your flowers to bloom.



Mood booster & Brain enhancer

It has been discovered that the mycobacterium in the soil could improve the brain function and boost up the mood. It relates to the increase of serotonin levels which known as the "happy" hormone.



Active self-care

Gardening requires you to engage with physical activities such as potting, watering and fertilizing the plant. You can improve your mental health condition by being productive and practicing active lifestyle.

List your Favourite Things

get to know me **my favourites**

FAVOURITE FOOD:

FAVOURITE DRINK

FAVOURITE SCENT:

FAVOURITE COLOUR:

FAVOURITE CITY:

FAVOURITE ANIMAL:

FAVOURITE TV SHOW:

FAVOURITE HOBBY:

FAVOURITE CELEB:

FAVOURITE FLOWER:

FAVOURITE EMOJI:

FAVOURITE SHOP:

FAVOURITE RESTAURANT:

FAVOURITE APP:

List your Favourite Things

MY FAVOURITES

tv show edition



FAVOURITE TV SHOW AT THE MOMENT

FAVOURITE TV SHOW OF ALL TIMES

A TV SHOW I BINGED WATCHED



A TV SHOW I WATCHED MORE THAN ONCE

FAVOURITE TV SHOW CHARACTER

FAVOURITE TV SHOW COUPLE



List your Favourite Things

a song that...



MAKE ME HAPPY

MAKE ME CRY

I DISLIKE BUT SING ANYWAY

I KNOW BY HEART

IS MY GUILTY PLEASURE

NEVER GETS OLD



REMINDS ME OF SOMEONE



List your Favourite Things

MY FAVOURITES *read*

TITLE

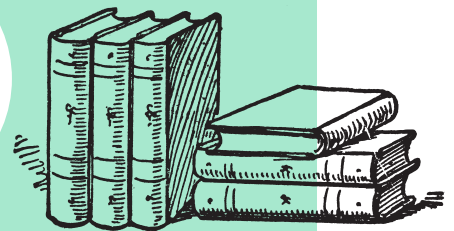
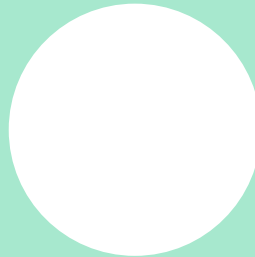
AUTHOR

GENRE

RATING (OUT OF 5 STARS)

QUICK REVIEW

MY FEELINGS IN A GIF



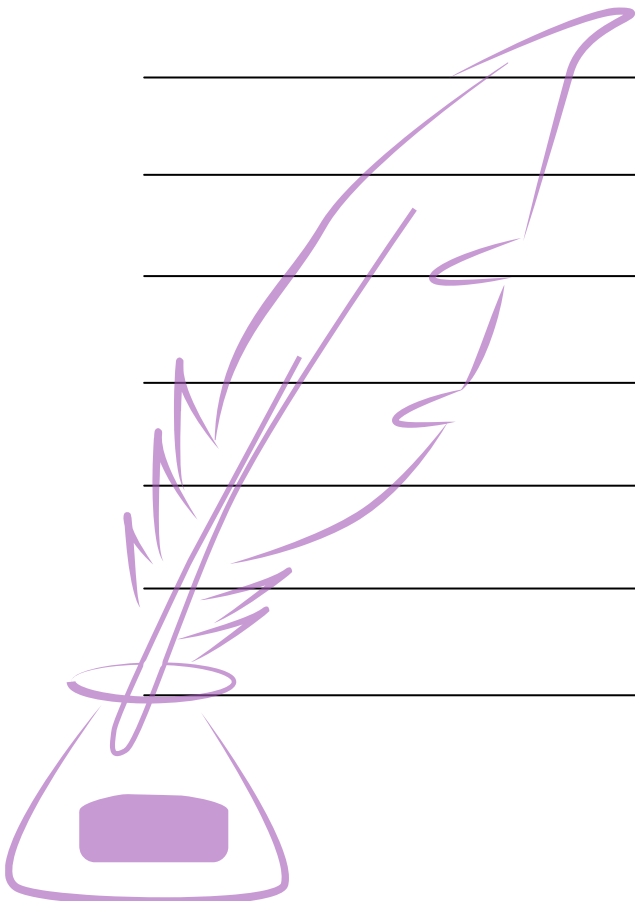
Poetry Therapy

Poetry therapy is the use of language, symbol, and story in therapeutic, education, growth, and community-building capacities. It relies upon the use of poems, stories, song lyrics, imagery, and metaphor to facilitate personal growth, healing, and greater self-awareness.

Source: <https://poetrytherapy.org/>

Let's try it out!

Find **10 items** that inspire you and create the poem that suits your emotion at this moment!



Islamic Quotes / Quranic Verses / Hadith

“Whenever you find someone who brings out the best in you, stay connected to them! They are rare breed. Today, too many are preoccupied with bringing others down. Normal people don’t do that. It’s the insecure ones who have to make excuses to put others down to feel confident”

(Mufti Ismail Menk)

“Don’t keep dwelling on your past. Acknowledge what happened and learn the lessons meant for you. The Almighty did that for a reason. It takes courage to leave the past behind & make that first move forward. Get out of the dark times and into the light of new and better days”

(Mufti Ismail Menk)

“Whoever saves a life, it will be as if they saved all of humanity”
Surah al-Maidah 5:32



Create
My Daily Self-Affirmation

STEP 1:

SPEAK IN THE PRESENT.

Use present tense only - I am, I have, I will or I want. Your new mindset starts today!

STEP 2:

ATTACH A STRONG AND POSITIVE EMOTION

Use words like happy, grateful, joyful that carry a strong positive emotion that your body can feel when you repeat the words. Do not use negative emotion words like afraid, can't, doubt.

STEP 3:

MAKE YOUR AFFIRMATION ACTIONABLE.

Tell your subconscious mind how to act, and it has no choice but to follow suit.

1)

2)

3)

4)

5)

Letter to Myself

Risya,

Tak ada siapa pun tahu ending kewujudan dia melainkan Allah. I know you feel lost right now, really lost. You feel empty, wasted. But, please keep enduring to see the end. How will it end.

I know life has been tough but you have done quite a good job to stay alive. Thank you for not giving up.

Risya,

You've been through a lot of tough times and you've gone through it, and this time you'll go through it too. Yes, you are sad for now.. but you will be fine. I am sure. This feeling will end soon. I

know it's hard to stay alive but the whole existence of you is precious. You yourself are enough. You concern to others. You are kind. Embrace yourself and keep trying Risya. You're strong enough to carry yourself through the life.

Risya

~Suicide Survivor~

Writing letter to yourself here:

Dear me,



Talk Therapy

What is Talk Therapy?

“Talking therapies involve talking to someone who is trained to help you deal with your negative feelings.”

~Mental Health Foundation~

Talking to your therapist about your suicidal thought, self harm behaviour and negative feelings will allow you to understand your condition better.

Don't feel afraid to open up and reach help from the professionals regarding your concerns.
Suicidal ideation can be helped by early intervention.



Pet Therapy

Benefits of Pet Therapy for Mental Well-Being



Decreases isolation and depression

Causes many to feel calm



Bridges communication gaps

Provides comfort



Reduces boredom

Lowers anxiety and decreases agitation

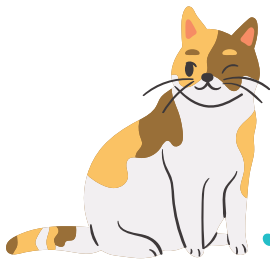


Creates motivation for the client to recover faster

Reduces loneliness



Diminishes emotional pain in seniors



Source: <https://www.pawsforpeople.org/who-we-are/benefits-of-pet-therapy/>

5 Benefits of having a Cat for Health & Happiness

SCAN ME



<https://www.youtube.com/watch?v=aHKtChm6kgI>



A Note from Me on Suicide Postvention

- Founder of Awareness Against Suicide Malaysia (AWAS)
- Chairwoman for Yayasan Zuriat CARE
- Mental Health Advocate
- Lived experience: PTSD, Suicide Loss, MDD & GAD
- Bsc Psychology
- MA Development Studies & Culture Change
- Sick of STIGMA!
- <https://linktr.ee/kakngah.alia>



Kak Ngah @ Alia Ali

Awareness Against Suicide Malaysia (AWAS) is a safe space created to end stigma & promote healing, by & for individuals impacted by suicide.



What is Suicide Postvention?

Postvention is a term often used in the suicide prevention field. Postvention is a community support-based. It is an emotional support to those that has been affected/trauma in the aftermath of a suicide to accomplish any one or more of the following :

1. To facilitate the healing of individuals from the grief and distress of suicide loss.
2. To mitigate other negative effects of exposure to suicide.
3. To prevent suicide among people who are at high risk after exposure to suicide loss.

How to Support those Grieving?

1. Immediately acknowledge the loss even a simple text
2. Avoid things like “they’re in a better place now”
3. Don’t judge how they are reacting
4. Allow them to cry and for there to be silence
5. Instead of “let me know how I can help”, try “I will drop off dinner tomorrow”
6. Know that grief is not a staged process and the pain will last for them



Alternatives to Self-Injury



Draw on self



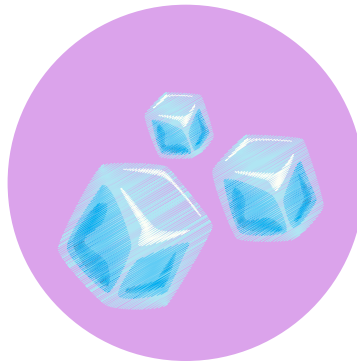
Use mental health apps



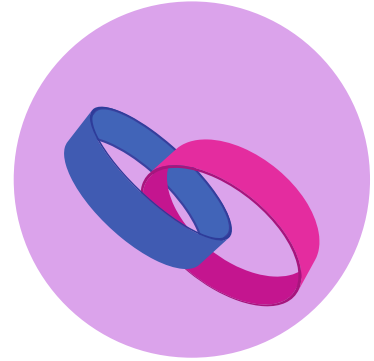
Rip up paper



Cardio workout





Hold ice



Snap band on wrist

Source: AWAS Malaysia

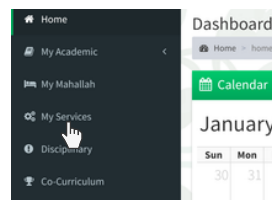
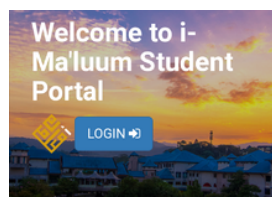
Set an Appointment via IIUM Student Portal (i-maluum)

 **Monday - Friday**
 **8.00 am - 5.00 pm**

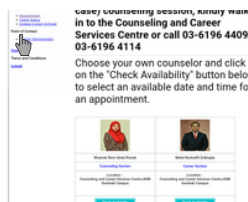


Log on to i-Ma'luum
Student Portal

imaluum.iium.edu.my



Click MyServices



Click appointment
and choose your
preferable
psychology
officers/counselors
/
clinical
psychologist

Click Counseling
Session

Set appointment
with psychology
officers/counselors
/clinical
psychologist



Check availability of
psychology officers/
counselors/clinical
psychologist and
select date and
time with the "Book
Now" status



Ready to chat
through SKYPE
(on the schedule
date and time)






Notify CCSC if u need
to reschedule or cancel
the appointment

03-6421 4409/
ccsc@iium.edu.my

External Mental Health Support Resources



 miasamalaysia
 @miasa.malaysia
 Office: 03-7932 1409
Operating Hours:
Monday to Friday
(10:00 AM to 5:00 PM)

Mental Illness and Support Association (MIASA)




Services provided:

- Mental Health Assessment and Consultation
- Counselling services (individual/group)
- Spiritual Therapy
- Crisis team and many more...

***Charges may be applied**

for more information - <https://miasa.org.my>



 Thrive Well
 @wearethrivewell
 Office: 018- 900 3247
Operating Hours:
Tuesday to Saturday
(9am to 6pm)

Thrive Well




Services provided:

- Mental Health Screening
- Early Childhood Intervention
- Family Therapy
- Individual Psychotherapy and many more...

***Charges may be applied**

for more information - <https://www.thethrive.center/>



 Befrienders KI
 @befrienderski
 Helpline: 03-76272929
(24hours)

Befrienders (Crisis and Suicide Helpline)

Services provided:

- Crisis support via phone call
- Wellbeing support via email
- Outreach and many more...

for more information - www.befrienders.org.my

External Mental Health Support Resources



Talian Kasih 15999



@taliankasih15999



15999/019-2615999
(24hours)

Talian KASIH

Services provided:

- Wellbeing support via phone call
- Wellbeing support via WhatsApp
- Outreach and many more...

for more information - www.kpwkm.gov.my



myhealthkkm



@myhealthkkm

Pusat Kesihatan Mental Masyarakat (MENTARI)

Services provided:

- Psychiatry and Mental Health services
- Only available for patients who undergo treatment from government hospital
- Branches all over Malaysia

***Charges may be applied**

for more information - www.infosihat.gov.my



AWAS Malaysia



@awas.malaysia



010-234 4808

Awareness Against Suicide Malaysia (AWAS)

Services provided:

- Careline (text)
- Chaperone service for first mental health appointment (with specialist)
- One-to-one emotional support for people with mental health concerns/suicidal
- One-to-one emotional support for suicide loss survivors
- Peer support group for suicide loss survivors

***Charges may be applied**



Thank you for reading! We know time is very challenging for most of us right now. We appreciate your ideas, suggestions and concerns.

Come share your thoughts with us!



ccsc@iium.edu.my

Like and follow our social media



[@ccsciium](https://www.instagram.com/ccsciium)



Counseling and
Career Services
Centre



Salaam
Counselor