

Suicide Facts & Figures

- 378 reported suicides in Singapore in 2021, 16.3% reduction from 2020¹
- Deaths by suicide amongst youths increased¹:
 - Youths aged 10-29, increased from 22.3% in 2020 to 29.6% in 2021
 - Youths aged 10-19, risen by 23.3% from 30 deaths in 2020 to 37 in 2021
- 8 in 10 Singaporeans associate suicide with stigma²
- More than 3 in 4 Singaporeans (77%) rate their level of knowledge about suicide as below average²
- Effectiveness of support: Less than 1 in 10 think the effectiveness of support in Singapore for a person facing a crisis and thinking about or affected by suicide, is high²

Early identification of suicide risks and intervention can help save lives.

3 Broad Categories of Warning Signs:

Verbal	Behavioural	Mood
<ul style="list-style-type: none">• <u>Direct</u> e.g., "I am better off dead."• <u>Indirect</u> e.g., "It will be better for everyone if I'm gone", "I am a burden", "I cannot take it anymore", "I wish to just disappear", "What's the point, nobody cares"	<ul style="list-style-type: none">• Giving away prized possessions• Researching on suicide methods• Getting affairs in order• Writing suicide notes• Social withdrawal• Self-harming• Increased alcohol or drug use	<ul style="list-style-type: none">• Displaying rage, irritability or outburst due to affected sleep patterns• Displaying what looks like 'calmness' or 'happiness', but actually a resolve to end one's life

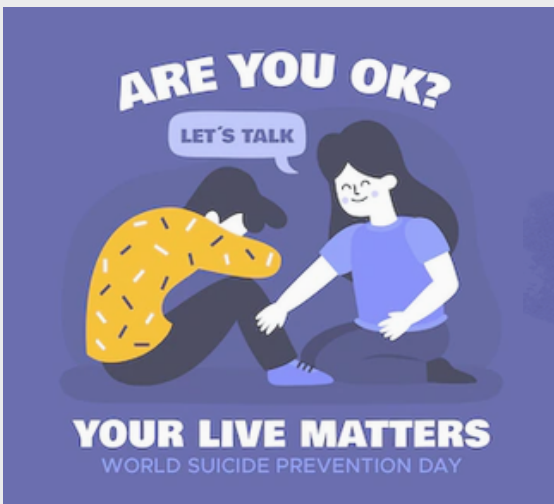
1. <https://www.sos.org.sg/pressroom/singapores-suicide-rates-decrease-yet-rising-youth-numbers-cause-for-concern>

2. <https://news.smu.edu.sg/news/2022/05/09/8-10-persons-associate-suicide-stigma-singapores-first-national-survey-suicide>



While most people fear that inquiring about suicide may plant the idea in the other person's head, many studies have refuted this myth. In fact, the findings suggest that acknowledging suicide thoughts reduce suicide risks, encourages early help-seeking, and improves mental health.

Below are 3 ways to inquire about suicide ideation if warnings signs were detected:



“When you say you want to ‘end it all’, I am worried about you. Are you feeling suicidal?”

“Sometime people going through similar stressful situations may think about suicide. Are you feeling suicidal?”

“I’m sorry if this sounds strange but I am concerned about you. Are you thinking about suicide?”

If the answer is ‘yes’...

DO NOT panic. Suicide ideation can range from fleeting thoughts of not wanting to live to preoccupations with death. Global and local literature have also suggested that “the majority of individuals with suicidal ideation do not go on to make suicide attempts” (IMH, 2021). Below are some things you can do:

- Stay calm!
- Express concern and care
- Empathise with the feelings and pain
- Check if there are active preparations
- Inquire about previous attempts, if any
- Amplify the reasons for living (be cautious not to lecture or talk down)
- Reassure them with your presence and support
- Seek professional help. Make a referral to SOS by writing to pat@sos.org.sg, or calling our 24-hour hotline at 1-767.

Everyone can play their part in suicide prevention. The first step is finding out more about the topic and equipping ourselves with the right knowledge and skills.

- **Visit SOS website and read the blogs:** <https://www.sos.org.sg/learn-about-suicide/blog>
- **Join the "Be a Samaritan" program** to learn how to engage and encourage distressed individuals to seek help and provide emotional support - [Join here](#)
- **Be trained to have a life-saving conversation:** <https://www.zerosuicidealliance.com/suicide-awareness-training>

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