Suicides

1. **Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Age: \_\_\_\_\_\_\_**
2. **Institution name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
3. **City of residence: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5. Gender: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
4. **What behaviours are warning signs of suicides**?
5. **Appearing agitated**
6. **Talking, writing (or) joking about Suicide**
7. **Withdrawing from friends**
8. **Seeking out means to kill – weapon substance**
9. **Which of the following are risk factors for jobs?**
10. **Alcohol use**
11. **Recent loss of job, love, money, home**
12. **Chronic illness (or) chronic pain**
13. **Study pressure**
14. **Which gender is mostly to die from suicide?**
15. **Male**
16. **Female**
17. **Talking with your friends about suicides increases the risk that they will attempt**

**a) True**

**b) False**

1. **Which of the following are not true when interacting with friends with suicidal thoughts?**

**a) Let them know your care**

**b) Convey you have empathy for stress**

**c) Don’t give attention to negative thoughts**

**d) Reassure them that everything will be fine**

**11. Depression and Anxiety are most common Mental health issues**

**a) True**

**b) False**

**12. Risk factors for suicide**

**a) Depression**

**b) Being bullied**

**c) Drug use**

**d) Financial problem**

**13. What do you think are some of the barriers that prevent people who are thinking about suicide seeking help**

**a) Feeling nothing will help**

**b) Embarrassment**

**c) Lack of hope**

**d) Not knowing how to get help**

**14. Which of the following do you think would help reduce the number of people who die by suicide**

**a) Better access to medication**

**b) Educating the public about suicide prevention**

**c) Better training for health care**

**d) Educating community leaders such as teachers**

**15. If you have thoughts of suicide who would you tell?**

**a) Parents/Siblings**

**b) Friends**

**c) Psychiatrist**

**d) Hotline**

**16. Which of the following describe what would you do if someone close to you was thinking about suicide?**

**a) Tell them you are worried about them**

**b) Visit a website for information**

**c) Talk with their friends or family about their concern**

**d) Encourage them to seek help**

**17.Which of the following might stop you from trying to help someone close to you who was thinking about suicide?**

**a) I would be afraid that I would make them feel worse**

**b) I wouldn’t know what to say or do**

**c) I wouldn’t want to get involved**

**d) I am not a doctor and my interference might make the matter worse**

**18. Which of the following describe what would you do if you were worried about the mental health of someone you know?**

**a) Stay with them until they get help**

**b) Make an appointment for them with a doctor**

**c) Tell them everything will be alright**

**d) Leave them alone**

**19. Which student community is more prone to suicide?**

**a) Middle school student**

**b) High school student**

**c) College student**

**d) A graduate**

**20. How can you help someone who is having suicidal thought?**