

A COGNITIVE-BEHAVIORAL MODEL OF SUICIDE RISK IN YOUNG ADULTS



EXPLORING THE GRADUAL PROCESS BEHIND CRISIS

"Suicide is a process, not a sudden event."

It develops gradually through layers of emotion, distorted cognition and mounting stress . Early recognition can save lives.

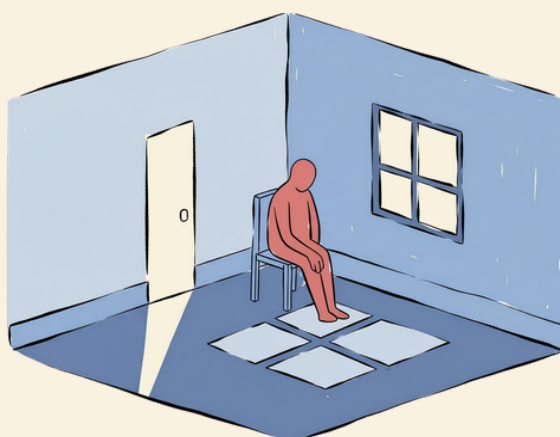


Role of emotions

Hopelessness and intense negative emotions accumulate gradually over time.

Warning Signs

- ➡ Social Withdrawal
- ➡ Hopelessness
- ➡ Reckless Behavior
- ➡ Feeling Trapped



You Are Not Alone

Seeking help is a sign of strength not weakness

Cognitive Patterns

Automatic negative thoughts and core beliefs distort one's interpretation of events.



Small steps today, a stronger tomorrow.

TALK • LISTEN • SUPPORT • CARE

