

Ameera additional information

You think about suicide but don't want to die.

You are deeply frustrated and unhappy and self-harming helps you to express this.

You feel trapped by the thought of arranged marriage.

You haven't thought of any ways to kill yourself.

You don't realise the impact that you talking about suicide has on other people and the worry it causes, you are just trying to get people to take your pain seriously.

Your suicidal thoughts are a level 5 intensity



Things that make you want to stay alive:

- You don't like pain.
- She loves playing piano.
- She dreams of being an author and is writing a book that she wants to finish.