Suicide Warning Signs

Some warning signs of suicide include:

➔ Talking about wanting to die or wanting to hurt or kill themselves
➔ Looking or researching ways to kill themselves (buying a gun, researching medications, etc.)
➔ Dropping out of activities or not wanting to participate in social activities
➔ Talking about giving up on life or being hopeless
➔ Talking about being a burden to others
➔ Increasing the usage of alcohol and/or drugs
➔ An increase in anxiety
➔ Making reckless choices and endangering themselves or others
➔ Changing their sleeping habits; sleeping more or less than normal
➔ Displaying extreme mood swings
➔ Giving away possessions
➔ Isolating themselves
➔ Saying final goodbyes and writing letters indicating the end of their life
➔ Making final arrangements; putting their affairs in order

If someone you know is displaying several of these warning signs, contact the National Suicide Prevention Hotline (1-800-273-8255) or call 911 if they are in immediate danger to themselves or another person.