Suicide Warning Signs
What to watch for - and what to do about it

Warning signs of suicide
These signs may mean that someone is at risk for suicide. Risk is greater if a behavior is new or has recently increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotion pain or distress
- Showing worrisome behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
  - Withdrawal from or change in social connections or situations
  - Changes in sleep (increased or decreased)
  - Anger or hostility that seems out of character or out of context
  - Recent increased agitation or irritability

What to do about it – “SAG” Show, Ask, Get help

- Show you care- Take any threat or talk about suicide seriously. Start by telling the person you are concerned. “I am worried about you because __________; I want to help.”
- Ask the question - Don’t be afraid to ask if he or she is thinking about suicide or has a plan or method in mind. “Are you thinking about suicide?”
- Get help - Resist the temptation to ‘argue them out of it.’ Instead, seek professional help, and do not leave them alone. “You are not alone, let me help you find help.”

In an acute Crisis

- Call 911
- Do not leave the person alone
- Call the Grays Harbor Crisis Clinic – 360-532-HELP (4357)
- Take the person to the emergency room
- Call the National Suicide Prevention Lifeline 1- 800-273-TALK (8255), for Spanish speakers, 1-888-628-9454.