

SUICIDE PREVENTION AWARENESS: KNOW THE SIGNS



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“PAIN ISN’T ALWAYS OBVIOUS, BUT MOST SUICIDAL PEOPLE SHOW SOME SIGNS THAT THEY ARE THINKING ABOUT SUICIDE. THE SIGNS MAY APPEAR IN CONVERSATIONS, THROUGH THEIR ACTIONS, OR IN SOCIAL MEDIA POSTS. IF YOU OBSERVE ONE OR MORE OF THESE WARNING SIGNS, ESPECIALLY IF THE BEHAVIOR IS NEW, HAS INCREASED, OR SEEMS RELATED TO A PAINFUL EVENT, LOSS, OR CHANGE, STEP IN OR SPEAK UP.” - [SUICIDEISPREVENTABLE.ORG](https://www.suicideispreventable.org)

WARNING SIGNS OF ACUTE RISK:

- Talking about death or suicide
- Seeking methods for self-harm, such as searching online or obtaining a gun
- Talking or writing about feeling hopeless or having no reason to live

If any of these signs are present, do not delay in getting the athlete help. Do not dismiss the comments as a “momentary lapse” or an attention-getting ploy. Call the National Suicide Prevention Lifeline, available 24/7, at 1-800-273-TALK (8255) for additional information and support.

ADDITIONAL WARNING SIGNS:

- Saying goodbye to people as if they won't be seen again
- Giving away belongings or getting affairs in order when there's no other logical explanation for doing this
- Loss of interest in the things one cares about
- Physical pain - stomach aches, headaches, body aches, and/or fatigue
- No reason for living; no sense of purpose in life
- Anxiety, agitation
- Changes in sleep - unable to sleep or sleeping all of the time
- Changes in appetite and/or eating habits
- Feeling trapped - like there's no way out
- Hopelessness
- A deepening depression
- Withdrawal
- Rage, uncontrolled anger, seeking revenge
- Reckless behavior
- Sudden mood changes
- Unusual neglect of personal appearance
- Substance abuse

If warning signs are observed, seek professional help as soon as possible by contacting a mental health professional or calling 1-800-273-TALK (8255).

Concerned about someone? Learn some ways to get the conversation started through the “Find the Words” resource at: [Suicide Is Preventable](https://www.suicideispreventable.org).

Free 24/7 support available via text: Text TALK to 741-741 to reach a Crisis Counselor.

* These lists are compiled from the following resources: [California Mental Health Services Authority](https://www.calmhhsa.org) (CalMHSA), [American Association of Suicidology](https://www.aasudicology.org), [Mayo Clinic](https://www.mayoclinic.org).
Refer to these websites for more information.