WARNING SIGNS

A. If a person talks about:
   • Killing himself/herself;
   • Having no reason to live;
   • Being a burden to others;
   • Feeling trapped; and/or
   • Feeling unbearable pain.

B. A person’s suicide risk is greater if a behavior is new or has increased, especially if it’s related to a painful event, loss or change, such as:
   • Increased use of alcohol and/or drugs;
   • Looking for a way to kill himself/herself, such as searching online for materials and/or means;
   • Acting recklessly;
   • Withdrawing from activities;
   • Isolating from family and friends;
   • Sleeping too much or too little;
   • Visiting or calling people to say goodbye;
   • Giving away prized possessions; and/or
   • Aggression.

C. People considering suicide often display one or more of the following moods:
   • Depression;
   • Loss of interest;
   • Rage;
   • Irritability;
   • Humiliation; and/or
   • Anxiety.

* [Courtesy of American Foundation for Suicide Prevention]