



## **Suicide is Preventable: Know the Signs**

### **Tier 1**

- Increased alcohol or drug use
- Talking about wanting to die or suicide
  - Might be subtle or vague
  - They may be direct and literally say they are going to kill themselves.
  - Thoughts may be reflected in something written or drawn.
- Uncontrolled anger
  - They express or act in ways that reflect hostility, bitterness, resentment or rage. They talk about seeking revenge.

### **Tier 2**

- Reckless behavior
  - They act in ways that could be dangerous or detrimental and they do not seem to care about the consequences.
  - They spend money recklessly.
- Changes in sleep.
  - They sleep more or can't sleep and are restless.
- Feeling hopeless, desperate, trapped.
  - They don't see their situation or life changing for the better and don't see a way out. They make statements that hint that life seems pointless.
- No sense of purpose
  - They feel like a burden to others.
  - They feel worthless.

### **Tier 3**

- Putting affairs in order.
  - They rush to complete or revise a will.
- Giving away possessions
  - They give away prized or favorite possessions
- Anxiety or agitation
  - They appear nervous, shaken, or worried.
- Sudden mood changes
  - They are uncharacteristically sad or depressed or are usually happy or content after a period of significant depression.
- Withdrawal
  - They stop talking to and doing things with others or stop doing activities they once enjoyed. They feel isolated.
- Talking about being a burden to others
  - Views that one's existence burdens family, friends and/or society.