### SUICIDE WARNING SIGNS

<table>
<thead>
<tr>
<th>Talk</th>
<th>Behavior</th>
<th>Mood</th>
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| -Being a burden to others  
-Feeling trapped or hopeless  
-Experiencing unbearable pain  
-Having no reason to live  
-Feeling unnoticed  
-A preoccupation with death; wanting to kill themselves  
-Having a suicide plan | -Increasing substance use  
-Taking unhealthy risks  
-Withdrawing from family, friends, and activities  
-Changing eating and sleeping behaviors  
-Visiting or calling people to say goodbye  
-Giving away prized possessions  
-Displaying aggression | -Depression  
-Loss of interest  
-Rage  
-Irritability  
-Humiliation  
-Anxiety  
-Feeling helpless or hopeless  
-Mood swings |

This list of warning signs shown is not all-inclusive and is offered as a starting point.