

SUICIDE WARNING SIGNS



Talk

- 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



Behavior

- 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



Mood

- Depression
- Loss of interest
- Rage
- Irritability
- Humiliation
- Anxiety
- Feeling helpless or hopeless
- Mood swings