

WARNING SIGNS: POTENTIAL SUICIDE

! BEHAVIORAL WARNING SIGNS

- Talking about wanting to die or kill oneself
- Searching for ways to die (e.g., online or access to means)
- Withdrawing from friends, family, and activities
- Drastic changes in sleeping or eating habits
- Giving away prized possessions
- Increased use of alcohol or drugs
- Acting recklessly or engaging in risky behavior
- Sudden calmness or relief after a period of depression

! EMOTIONAL WARNING SIGNS

- Hopelessness (“Nothing will ever get better”)
- Feeling trapped, like there’s no way out
- Extreme mood swings
- Intense anger, guilt or shame
- Feeling like a burden to others
- Lack of interest or pleasure in anything

! SITUATIONAL WARNING SIGNS

- Recent loss (death, breakup, job)
- History of abuse or trauma
- Major illness or chronic pain
- Exposure to another’s suicide

If you suspect someone may be considering suicide, do not ignore it. Always reach out with caution, compassion, and care... their life may depend on it!

