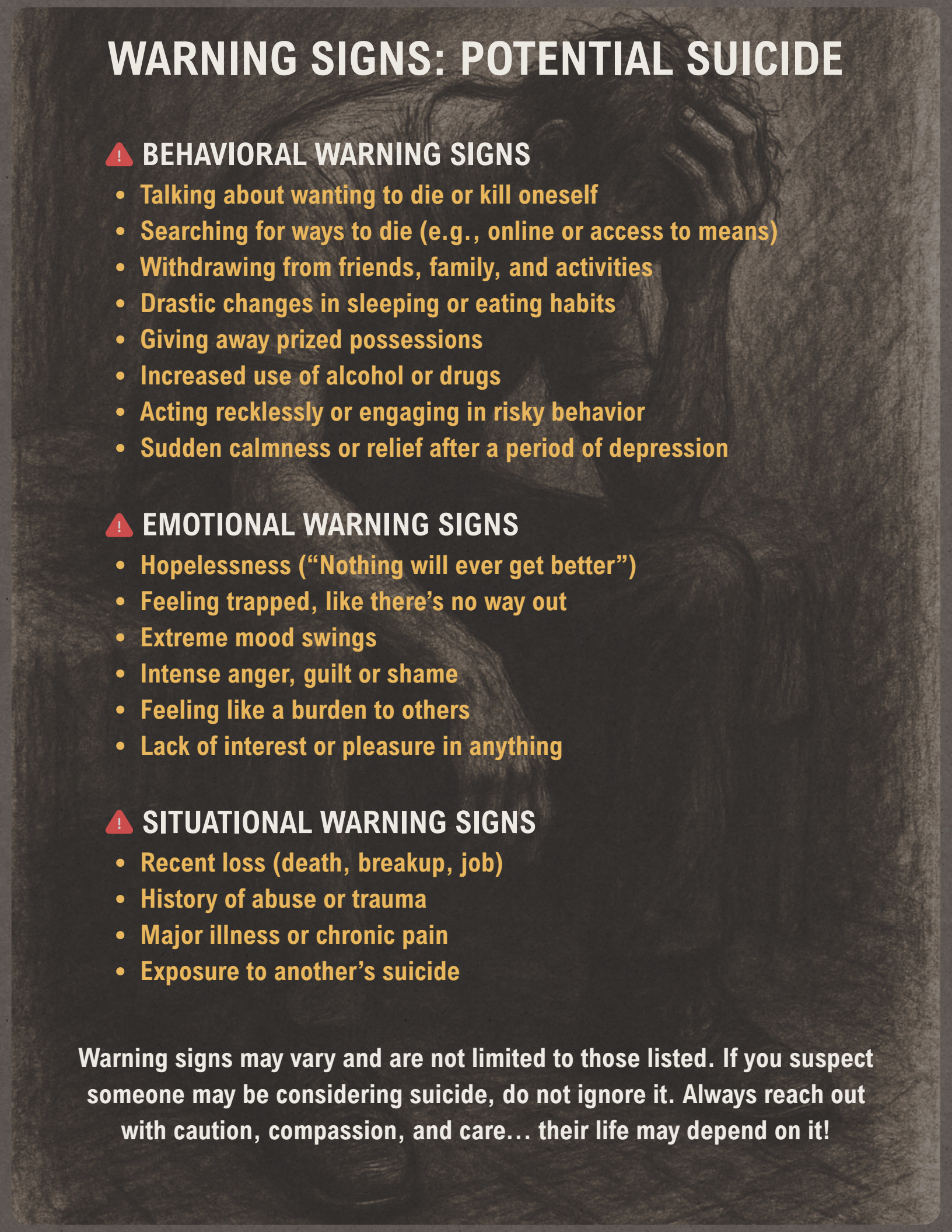
WARNING SIGNS: POTENTIAL SUICIDE



⚠ 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

Warning signs may vary and are not limited to those listed. 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!