



## Acute Suicide Warning Signs

- I IDEATION** thoughts of suicide, threatened, written or otherwise hinted at by efforts to find means to suicide
- S SUBSTANCE ABUSE** Increased or excessive alcohol or drug use
- P PURPOSELESSNESS** Seeing no reason for living or having no sense of meaning or purpose in life
- A ANXIETY** Feeling anxious, agitated or unable to sleep (or sleeping all the time)
- T TRAPPED** Feeling trapped, like there is no way out
- H HOPELESSNESS** Feeling hopeless about self, others, or the future
- W WITHDRAWAL** Isolating/withdrawing from friends/family or usual activities
- A ANGER** Feeling rage or uncontrolled anger, or seeking revenge for perceived wrong doings
- R RECKLESSNESS** Acting without regard for consequences, or engaging in excessively risky behavior
- M MOOD CHANGES** Experiencing dramatic changes in mood

The mnemonic, **IS PATH WARM**, was developed to identify those at high risk for suicide. A person needs immediate help if they show signs of **IS PATH WARM**

**WHAT TO DO:** Don't leave them alone, seek immediate assistance, call 911

[www.911Overwatch.org](http://www.911Overwatch.org)