



WARNING SIGNS

A. If a person talks about:

- Killing himself/herself;
- Having no reason to live;
- Being a burden to others;
- Feeling trapped; and/or
- Feeling unbearable pain.

B. A person's suicide risk is greater if a behavior is new or has increased, especially if it's related to a painful event, loss or change, such as:

- Increased use of alcohol and/or drugs;
- Looking for a way to kill himself/herself, such as searching online for materials and/or means;
- Acting recklessly;
- Withdrawing from activities;
- Isolating from family and friends;
- Sleeping too much or too little;
- Visiting or calling people to say goodbye;
- Giving away prized possessions; and/or
- Aggression.

C. People considering suicide often display one or more of the following moods:

- Depression;
- Loss of interest;
- Rage;
- Irritability;
- Humiliation; and/or
- Anxiety.

* [Courtesy of American Foundation for Suicide Prevention]