



## **Warning Signs of Suicide**

Suicide always needs to be a concern when talking with someone who is seriously depressed. It's important to be able to recognize the warning signs and respond appropriately. The National Institute of Mental Health lists the following as signs that someone may be thinking about suicide:

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless or having no reason to live
- Planning or looking for a way to kill themselves, such as searching online, stockpiling pills or acquiring potentially lethal items (e.g., firearms, ropes)
- Talking about great guilt or shame
- Talking about feeling trapped or that there are no solutions
- Feeling unbearable physical or mental pain
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Withdrawing from family members and friends
- Changed eating and/or sleeping habits
- Rage or talking about seeking revenge
- Taking risks that could lead to death, such as reckless driving
- Talking or thinking about death often

- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Saying goodbye to friends and family members
- Putting affairs in order, making a will

**If you or someone you know needs help, call the National Suicide Prevention Lifeline at 800-273-TALK (8255). If you or a loved one are in immediate danger, call 911 and ask for someone trained in crisis prevention.**