

Source

<https://afsp.org/risk-factors-protective-factors-and-warning-signs#warning-signs>

Warning Signs of Suicide

A warning sign is an indicator that someone might be suicidal. Knowing what to look for can help you identify when someone you care about may need help.

BEHAVIOR

actions that may signal risk, especially if related to a painful event, loss or change

- Increased use of alcohol or drugs
- Looking for a way to end their lives, (e.g., searching online for methods)
- 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
- Aggression
- Fatigue

South Southwest (HHS Region 6)



MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

For immediate help, call 911 or go to the nearest emergency room.

For crisis support, call the Suicide Prevention Lifeline at 988.

TALK

if a person talks about...

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

MOOD

people considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement