Suicide Prevention: Warning signs, Tips +Tools

Talk
If a person talks about:
- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Behavior
Behaviors 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, such as searching online for materials or means
- 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
- Manic mood, hyper, burst of energy

Mood
People who are considering suicide often display one or more of the following moods:
- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation
- Agitation
- Rage

National Suicide Prevention Lifeline
1-800-273-8255
Crisis Text Line
Text C7T to 741741

IF YOU’RE WORRIED SOMEONE CLOSE TO YOU IS THINKING ABOUT SUICIDE

Don’t be afraid to ask, and if/when you do ask be direct and clear. Asking about suicidal thoughts will not make someone kill themselves. The person might even be relieved to talk about it.

DO ASK: Are you feeling suicidal? Are you thinking about suicide? Do you have a plan?
DON’T SAY: You’re not suicidal are you? OR Have you ever thought about suicide?

If you are scared to ask, or don’t know how to find an adult or other trusted person to ask them.

*If the person says no, don’t apologize just explain the context and why you were concerned.
*If the person says yes, seek help from a trusted adult.

*Acquired from The American Foundation for Suicide Prevention
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# Suicide Prevention 101

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## Suicide Prevention 101

**Warning signs to look out for:**

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