

SUICIDE WARNING SIGNS



BEHAVIOR

Increased use of alcohol or drugs

Isolating from family and friends

Acting

Recklessly

Looking for a way to kill themselves, such as searching online for materials or means

Visiting or calling people to say goodbye

Sleeping too much or too little

Withdrawn from activities

Giving away prized possessions

Aggression



TALK

Being a burden to others

Being Experiencing unbearable pain

Killing themselves

Having no reason to live

Feeling trapped



MOOD

Rage Loss of interest

Depression

Irritability

Humiliation

Anxiety