

Suicide Warning Signs



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 (especially if related to a painful event, loss or change):

- Increased use of alcohol or drugs
- Looking for information on suicide methods
- Withdrawing from activities
- Isolating from people
- Sleeping too much or too little
- Saying final goodbyes
- Giving away prized possessions
- Aggression
- Fatigue



Mood:

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



Health Factors:

- Mental health conditions
 - Depression
 - Substance use problems
 - Bipolar disorder
 - Schizophrenia
 - Personality traits of aggression, mood changes, and poor relationships
 - Conduct disorder
 - Anxiety disorders
- Serious physical health conditions including pain
- Traumatic brain injury



Environmental Factors:

- Access to lethal means
- Prolonged stress
- Exposure to another person's suicide



Historical Factors:

- Previous suicide attempts
- Family history of suicide
- Childhood abuse, neglect or trauma