



Warning Signs for Suicide

- Talking about wanting to die or wanting to kill oneself;
- Looking for ways to kill oneself, or getting access to the means to kill oneself;
- Talking about feeling hopeless or having no purpose;
- Talking about feeling trapped, helpless, or in unbearable pain;
- Talking about being a burden to others;
- Shows a preoccupation with death or dying;
- Losing interest in previously enjoyed activities;
- Giving away prized possessions or making final arrangements;
- Writing a suicide note or saying goodbye to people;
- Increased use of alcohol and/or drugs;
- Acting anxious, agitated, impulsive, or reckless;
- Sleeping too little or too much;
- Withdrawing from others or feeling isolated;
- Showing rage or talking about seeking revenge;
- Displaying extreme mood swings or changes in personality;
- Experiencing a recent trauma or significant loss

People can be more at risk for suicide if they have already been diagnosed with a mental illness, if they have had a close family member or friend complete suicide, if they are unmarried or unemployed, if they have a chronic medical illness or chronic pain, or if they lack social support.

Two additional risk factors are:

- A previous suicide attempt, and
- Having a specific, organized plan of how they would attempt suicide.

For more information: www.asklistenrefer.org/stlcc