

WARNING SIGNS FOR POTENTIAL SUICIDE

Signs of Immediate Risk for Suicide

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

Other Warning Signs – especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change including a relationship break up:

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others *“Everyone would be better off without me”*
- Giving away important possessions
- Increasing the use of alcohol or drugs (self-medicating the pain)
- Self-injury behaviors
- Acting anxious or agitated; behaving recklessly
- Loss of hygiene, tidiness, organization
- Withdrawing or feeling isolated *“I have to do this on my own”*
- Loss of interest in usual activities
- Displaying extreme mood swings
- Changes in eating/sleeping patterns, too little or too much
- Preoccupation with death, expression of a wish to be dead, saying goodbye
- Change in peer group, moving into “more troubled” peer group
- Closure of friendships, relationships *“You won’t be seeing me around anymore”*
- Showing rage or talking about seeking revenge *“You’ll regret it when I’m gone”*
- Sadness or signs of depression that continues for two weeks or more

Significant Risk Factors for Suicide

- Prior suicide attempt(s)
- Alcohol or drug abuse
- Mood and anxiety disorders, e.g., depression, posttraumatic stress disorder
- Access to a means to kill oneself, i.e., lethal means
- Isolation or lack of a support system
- Extreme Perfectionism
- Member of vulnerable identity groups