

Warning Signs

- Many times individuals who are struggling with suicidal thoughts will show signs of inner distress. These signs may at times be a way of asking for help. In prevention work, it is important to be aware of signs that someone may be struggling.



Preoccupation with suicide and/or death

- Artwork, music, and/or writings expressing thoughts of death
- Gives away possessions
- Making arrangements, setting one's affairs in order

Physical changes

- Losing or gaining weight quickly
- Suddenly not caring about appearances or cleanliness
- Unexplained cuts, scrapes, or bruises

Experiences drastic changes in behavior

- Withdraws from friends and/or social activities
- Loss of interest in things one cares about.

Changes in moods

- More withdrawn
- Anxious
- Sad
- Irritable
- Sudden mood lift after a down period

Suddenly taking unnecessary risks

- Not taking prescribed medications
- Ignoring physical limitations
- Putting him/herself in dangerous situations
- Increased use of alcohol or drugs

Verbal statements:

- “I want to kill myself.”
- “I am tired of being a burden.”
- “Things will never get better.”
- “People would be better off without me.”
- “No one would miss me if I were gone”
- “I wish I was dead”
- “I wish I would never wake up”
- Statements about hopelessness, helplessness, feeling out of control or worthless.

Recent Stressful Situations

- Recently losing a loved one, relationship, or job
- Previous suicide attempts
- Having money problems