

Suicide Warning Signs



TALK

Experiencing unbearable pain

Being a burden to others

Killing themselves

Feeling trapped

Having no reason to live

BEHAVIOR



Increased use of alcohol or drugs

Withdrawing from activities

Giving away prized possessions

Isolating from friends & family

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

Sleeping too little or too much

Acting recklessly

Visiting or calling people to say goodbye

Aggression



MOOD

Depression

Irritability

Loss of interest

Anxiety

Rage

Humiliation

