

Tip Sheet: Warning Signs of Suicidal Behavior

It is not possible to predict who will attempt suicide. However, these signs may mean that someone is at increased risk for suicide. Risk is greater if the behavior is new or has increased and if it seems related to a painful event, loss, or change:

- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no reason to live
- Speaking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

What you can do if you believe someone may be thinking about suicide:

- Ask them if they are thinking about killing themselves. (This will not put the idea into their head or make it more likely that they will attempt suicide.)
- Listen without judging and show you care.
- Stay with the person (or make sure the person is in a private, secure place with another caring person) until you can get further help.
- Remove any objects that could be used in a suicide attempt.
- Call the National Suicide Prevention Lifeline at 988 or 1-800-273-TALK (8255) and follow their guidance.
- If danger of self-harm seems imminent, call 911.

Find more information at www.1in5.info