

Suicide Warning Signs

Knowing and recognizing the warning signs is key to preventing suicide. Seek help if you or someone you know is experiencing any of the signs below.

- ❶ Talking about wanting to die
- ❷ Looking for a way to kill oneself
- ❸ Talking about having no reason to live
- ❹ Giving away prized possessions
- ❺ Acting anxious or agitated
- ❻ Talking about being in unbearable pain
- ❼ Sleeping too little or too much
- ❽ Withdrawing or feeling isolated
- ❾ Increasing the use of alcohol or drugs
- ❿ Showing rage or seeking revenge
- ⓫ Displaying extreme mood swings
- ⓬ Talking about being a burden to others
- ⓭ Exhibiting daring or risk-taking behaviors
- ⓮ Showing lack of interest in future plans

National Suicide Prevention Lifeline

800-273-8255

 **NEW DIRECTIONS®**
ndbh.com/suicide

Sources: Substance Abuse and Mental Health Services;
Centers for Disease Control