



Create an action plan

Common Signs of Suicide Warning

When an individual is considering suicide, there can be warning signs. If someone you care about is exhibiting these signs, they may be having suicidal thoughts and need help. If you or someone you know is in crisis please contact the 988 Suicide & Crisis Lifeline.

Verbal Warning Signs

- Expressing suicidal thoughts, even jokingly.
- Expressing unbearable emotional or physical pain.
- Expressing fascination with death.
- Expressing feelings of hopelessness, worthlessness or having no reason to live.
- Expressing guilt, shame and anger.
- Expressing feeling like a burden to others.
- Expressing loneliness or feelings of isolation

Behavior Warning Signs

- Increased drug and alcohol use.
- Significantly improved mood after a period of depression or low energy.
- Losing interest in personal appearance and hygiene.
- Withdrawing from friends, family and community and isolating self.
- Changes in sleeping or eating patterns.
- Making reckless or unusual decisions.
- Giving away prized possessions or saying goodbye to loved ones.
- Searches for means to harm oneself.
- Recent suicide attempt or displays of suicidal behavior.
- Hearing voices to hurt or kill oneself.
- Extreme mood swings, agitation or rage
- Sudden calmness after a period of depression or mania.

What to do if you notice these symptoms

If you notice the warning signs listed, help the individual connect with a mental health professional, call 988 - the Suicide & Crisis Lifeline, and follow the action plan on the next page

There are three other symptoms that should be addressed **immediately**, these are:

- Talking about immediate harm to oneself or others.
- Planning to attempt suicide (this may include searching the internet for information on how to die by suicide)
- Acting in an erratic or irrational manner that makes you concerned for their health and safety.

If these behaviors are exhibited by someone you love, you should seek medical attention.

You can utilize the 988 Suicide & Crisis Lifeline, emergency medical services or a mental health professional.

If the individual is unwilling or unable to get help, the 988 Suicide & Crisis Lifeline offers guidance and resources on how to move forward.