

# What is Passive Suicidality?

Examples of what passive suicidality can look like



Passive Suicidality is the experience of suicidal thoughts without intent to act on them.

**Any suicidal ideation, even passive, should be taken seriously. If you or someone you know is experiencing this, help is available. Please contact the 988 Suicide & Crisis Lifeline.**

## Reckless Behavior

Engaging in reckless behaviors without feeling or exhibiting concern for your life.  
EX: Texting and driving, substance abuse, self-harming behaviors.

## Feeling No Concern Towards Death

Not having a suicide plan in place but not being opposed to something life threatening happening to you.  
EX: Thinking or saying, "I hope someone crashes into my car."

## No Future Planning

Feeling like there is no point in making plans for the future or not feeling passionate about achieving goals or dreams.

## Loss of Enjoyment

Loss of enjoyment for things you used to love. Feeling like there is no point to being alive or feeling like you and those you love would be better off if you disappeared.

To learn more about active suicidality, please visit <https://bit.ly/3Fi8ijZ>



# How to combat passive suicidality symptoms

## Coping skills



Below are a few examples of how to care for yourself if you are experiencing these symptoms.

**Any suicidal ideation, even passive, should be taken seriously. If you or someone you know is experiencing this, help is available. Please contact the 988 Suicide & Crisis Lifeline.**

### Reasons for Living

Reflect on aspects of your life that are reasons for you to keep living, like pets, friends, family, hobbies, etc.

### Practice Self-Care

Identify a self-care activity that makes you feel good and prioritize time for that. Some examples include going on a walk, watching your favorite TV show or movie, meditating, or investing in a hobby.

### Gratitude Journaling

Give yourself five minutes every day to write three things about the day that were good or that you were grateful for.

### Seek Help if Necessary

You don't have to manage your mental health alone. Lean on your family, friends, and other support systems or look for a mental health professional in your area.

To learn more about active suicidality, please visit <https://bit.ly/3Fi8ijZ>

