

# 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

