KNOW THE WARNING SIGNS

WARNING SIGNS OF SUICIDE

• Talking about wanting to die
• Looking for a way to kill oneself
• Talking about feeling hopeless
• Talking about feeling trapped or in unbearable pain
• Talking about being a burden to others
• Increasing the use of alcohol or drugs
• Acting anxious, agitated or recklessly
• Sleeping too little or too much
• Withdrawing or feeling isolated
• Showing rage or talking about seeking revenge
• Displaying extreme mood swings

These signs may mean someone is at risk for suicide.

Information courtesy of the National Suicide Prevention Lifeline