

## Suicide victims are not trying to end their life ~ they are trying to end the pain!



### **Warning Signs**

- ❖ Acting differently than they normally do
- ❖ Talking about wanting to die or to kill oneself
- ❖ Looking for a way to kill oneself, such as searching online or buying a gun
- ❖ Talking about feeling hopeless or having no reason to live
- ❖ Talking about feeling trapped or in unbearable pain
- ❖ Talking about being a burden to others
- ❖ Increasing the use of alcohol or drugs
- ❖ Acting anxious or agitated; behaving recklessly
- ❖ Sleeping too little or too much
- ❖ Withdrawing or feeling isolated
- ❖ Showing rage or talking about seeking revenge
- ❖ Displaying extreme mood swings
- ❖ Giving away possessions

### **Risk Factors**

- ❖ Previous Suicide Attempt
- ❖ Problems with school or the law
- ❖ Breakup of a romance
- ❖ Unexpected pregnancy
- ❖ A stressful family life (having parents who are depressed or are substance abusers, or a family history of suicide)
- ❖ Loss of security...fear of authority, peers, group or gang members
- ❖ Stress due to new situations; college or relocating to a new community
- ❖ Failing in school or failing to pass an important test
- ❖ A serious illness or injury to oneself
- ❖ Seriously injuring another person or causing another person's death (example: automobile accident)
- ❖ Major loss...of a loved one, a home, divorce in the family, a trauma, a relationship