

# SUICIDE WARNING SIGNS



## TALK

Being a burden to others  
Experiencing unbearable pain  
Killing themselves  
Having no reason to live  
Feeling trapped



## BEHAVIOR

Increased use of alcohol or drugs  
Acting recklessly  
Withdrawal from activities  
Looking for a way to kill themselves, such as searching online for materials or means  
Isolating from family and friends  
Sleeping too much or too little  
Visiting or calling people to say goodbye  
Giving away prized possessions  
Aggression



## MOOD

Loss of interest  
Irritability  
Anxiety  
Depression  
Rage  
Humiliation



AMERICAN FOUNDATION FOR  
Suicide Prevention