

# SUICIDE WARNING SIGNS

## **Expressing a desire to die**

- Any mention of dying, disappearing, being “done,” jumping, shooting oneself, or other types of self harm
- 80% of suicide victims communicate in some way that they are considering suicide
- If someone is talking about suicide, they are considering suicide

## **Expressing feelings of social disconnection**

- Talking about not “not fitting in”, that no one understands him/her

## **Expressing a feeling of being a burden to others**

- “Everyone would be better off without me”
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## **Expressing low self esteem**

- Feeling worthless, shame, overwhelming guilt, self-hatred

## **Expressing no hope for the future**

- Talking about feeling trapped, that things will never get better, that nothing will ever change, that there is no reason to live

## **Change in Personality**

- Displaying “dark” mood or change in demeanor or appearance
  - Sad, withdrawn, irritable, anxious, tired, indecisive, apathetic
  - Sudden change in grooming habits, neglecting personal appearance
- Loss of interest or pleasure in usual activities

## **Change in Behavior**

- Diminished ability to concentrate on school, work or routine tasks
- Acting anxious or agitated
- Behaving recklessly or erratically
- Increasing the use of alcohol or drugs
- Giving away personal belongings

## **Change in Sleep Patterns**

- Sleeping too little or too much, insomnia, often with early waking or oversleeping, nightmares

## **Change in Eating Habits**

- Loss of appetite and weight, or overeating/weight gain

## **Evidence of self-harm**

- Cutting, burning, branding, hitting, purposeful overdoses of medications, poison ingestion