

### Suicide Warning Signs:

- **Excessive sadness or moodiness:** Long-lasting sadness, mood swings, and unexpected rage.
- **Hopelessness:** Feeling a deep sense of hopelessness about the future, with little expectation that circumstances can improve.
- **Sleep problems.**
- **Sudden calmness:** Suddenly becoming calm after a period of depression or moodiness can be a sign that the person has made a decision to end his or her life.
- **Withdrawal:** Choosing to be alone and avoiding friends or social activities also are possible symptoms of depression, a leading cause of suicide. This includes the loss of interest or pleasure in activities the person previously enjoyed.
- **Changes in personality and/or appearance:** A person who is considering suicide might exhibit a change in attitude or behavior, such as speaking or moving with unusual speed or slowness. In addition, the person might suddenly become less concerned about his or her personal appearance.
- **Dangerous or self-harmful behavior:** Potentially dangerous behavior, such as reckless driving, engaging in unsafe sex, and increased use of drugs and/or alcohol might indicate that the person no longer values his or her life.
- **Recent trauma or life crisis:** A major life crises might trigger a suicide attempt. Crises include the death of a loved one or pet, divorce or break-up of a relationship, diagnosis of a major illness, loss of a job, or serious financial problems.
- **Making preparations:** Often, a person considering suicide will begin to put his or her personal business in order. This might include visiting friends and family members, giving away personal possessions, making a will, and cleaning up his or her room or home. Some people will write a note before committing suicide. Some will buy a firearm or other means like poison.
- **Threatening suicide:** From 50% to 75% of those considering suicide will give someone -- a friend or relative -- a warning sign. However, not everyone who is considering suicide will say so, and not everyone who threatens suicide will follow through with it. Every threat of suicide should be taken seriously.

### More Suicide Warning Signs:

- Appearing depressed or sad most of the time.  
(Untreated depression is the number one cause for suicide.)
- Talking or writing about death or suicide.
- Withdrawing from family and friends.
- Feeling hopeless.
- Feeling helpless.
- Feeling strong anger or rage.
- Feeling trapped -- like there is no way out of a situation.
- Experiencing dramatic mood changes.
- Abusing drugs or alcohol.
- Exhibiting a change in personality.
- Acting impulsively.
- Losing interest in most activities.
- Experiencing a change in sleeping habits.

- Experiencing a change in eating habits.
- Losing interest in most activities.
- Performing poorly at work or in school.
- Giving away prized possessions.
- Writing a will.
- Feeling excessive guilt or shame.
- Acting recklessly.

It should be noted that some people who die by suicide do not show any suicide warning signs.

But about 75 percent of those who die by suicide do exhibit some suicide warning signs, so we need to be aware of what the suicide warning signs are and try to spot them in people. If we do see someone exhibiting suicide warning signs, we need to do everything that we can to help them.

### **Resources:**

Anyone who is suicidal or who is worried about someone who may be suicidal should know of certain resources that are available. These include:

#### **– National Suicide Prevention Lifeline (Call or Chat Online)**

The [National Suicide Prevention Lifeline](#) is available 24/7 at 1-800-273-TALK (8255), and their website also has an [online chat feature](#). You can contact them anytime if you're worried that you or someone you know may be in crisis.

#### **– Crisis Text Line**

There is a 24/7 Crisis Text Line available, where you can text trained crisis counselors. The text line is free and confidential and can be reached by texting "GO" TO 741741.

#### **– APPS**

There are many APPS available that have been created to help people access the resources and tools they need when they're in distress. These include: [ASK and Prevent Suicide](#), [Suicide Crisis Support](#), [Virtual Hope Box](#), and [My3 Safety Plan App](#).