

FACTS: THE WARNING SIGNS OF SUICIDE



FEELINGS

- HOPELESSNESS: FEELING LIKE THINGS ARE BAD AND WON'T GET ANY BETTER
- FEAR OF LOSING CONTROL, GOING CRAZY, OR HARMING ONESELF OR OTHERS
- HELPLESSNESS: A BELIEF THAT THERE'S NOTHING THAT CAN MAKE LIFE BETTER
- WORTHLESSNESS: FEELING USELESS AND OF NO VALUE
- SELF-HATE, GUILT, OR SHAME
- EXTREME SADNESS OR LONELINESS · ANXIETY OR WORRY

- INCREASED USE OF ALCOHOL OR OTHER DRUGS
- TALKING OR WRITING ABOUT DEATH OR DESTRUCTION
- LOOKING ONLINE FOR WAYS TO KILL YOURSELF
- ENGAGING IN SELF-DESTRUCTIVE OR HARMING BEHAVIORS (LIKE CUTTING)
- AGGRESSION
- RECKLESSNESS



ACTIONS



CHANGES

- PERSONALITY: BEHAVING LIKE A DIFFERENT PERSON, BECOMING WITHDRAWN, FEELING TIRED ALL THE TIME, NOT CARING ABOUT ANYTHING, OR BECOMING MORE TALKATIVE OR OUTGOING
- BEHAVIOR: INABILITY TO CONCENTRATE, DROP IN GRADES
- SLEEPING PATTERN: SLEEPING ALL THE TIME OR NOT BEING ABLE TO SLEEP
- EATING HABITS: LOSS OF APPETITE AND/OR OVEREATING LOSING INTEREST IN FRIENDS, HOBBIES, OR PERSONAL APPEARANCE; ISOLATING ONESELF
- SUDDEN IMPROVEMENT AFTER A PERIOD OF BEING DOWN OR WITHDRAWN

- STATEMENTS SUCH AS "I WONDER WHAT IT'S LIKE TO DIE"
- THREATS SUCH AS "I WON'T BE AROUND MUCH LONGER" OR "YOU'D BE BETTER OFF WITHOUT ME"
- SUICIDE ATTEMPTS



THREATS



SITUATIONS

- GETTING INTO TROUBLE AT SCHOOL, AT HOME, OR WITH LAW ENFORCEMENT
- RECENT LOSSES
- CHANGES IN LIFE THAT FEEL OVERWHELMING
- BEING EXPOSED TO SUICIDE OR THE DEATH OF A PEER UNDER ANY CIRCUMSTANCES
- BEING BULLIED OR PHYSICALLY OR SEXUALLY ABUSE