

## Warning signs of suicidal behavior

It is not possible to predict who will attempt suicide. However, these signs may mean that someone is at an increased risk. The risk is greater if the behavior is new or has increased and if it seems related to a painful event, loss or change. Some indicators include:

- Talking about feeling hopeless, worthless, “trapped” or having no reason to keep living
- Making a will, giving away personal possessions or trying to “get affairs in order”
- Researching means to do self-harm, such as how to buy a gun or access dangerous medications
- Sleeping too little or too much
- Eating too little or too much
- Showing signs of despair or having significant mood swings
- Acting agitated, anxious or aggressive
- Avoiding other people, including loved ones; spending more time than usual alone
- Behaving recklessly
- Drinking alcohol or using drugs excessively
- Experiencing a severe life stressor, such as the death of a spouse, the loss of a job or a traumatic event
- Demonstrating or having a history of suicidal behavior or attempts

What you can do if you believe someone may be thinking about suicide:

- Ask them if they are thinking about killing themselves; this will not put the idea into their head or make it more likely that they will attempt it
- Listen without judging and show you care
- Stay with the person (or make sure the person is in a private, secure place with another caring person) until you can get further help
- Remove any objects that could be used in a suicide attempt

**If you or someone you know is thinking about suicide, call the National Suicide and Crisis Lifeline at 988 or 1-800-273-TALK (8255). If you or someone you know is in an immediate medical crisis, please call 911.**