

Suicide Warning Signs Handout



When someone is thinking about or planning to end their life, they might show certain signs that indicate they need help. It's important to notice these signals so they can be provided with support and care. Here are some of the warning signs to look for in an individual:

Talking about

- Wanted to die
- Recent fascination with death
- Great guilt or shame

Feeling

- Empty, hopeless, or trapped
- Extremely sad, anxious or rage
- Unbearable emotional or physical pain
- Like a burden to others

Changes in behavior

- Recent suicide attempt
- Increased alcohol or drug use
- Changes in eating or sleeping patterns
- Withdrawing from friends, family, or community
- Saying goodbye, giving away prized possessions, or making a will
- Taking dangerous risks (e.g. driving fast)
- Losing interest in personal appearance or hygiene
- Displaying extreme mood swings or rage

Designed by [Freepik](#)

References

National Institute of Mental Health. (2022). Warning signs of suicide. <https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide>
Suicide Prevention Resource Center. (n.d.). Warning signs for suicide. <https://sprc.org/warning-signs-for-suicide/>

<https://www.carepatron.com/>