Know the Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.

• Talking about killing oneself or wanting to die; searching for ways to self-harm.

• Referring to others being better off without them or having no reason to live.

• Mentioning feelings of hopelessness, being trapped, or unbearable pain.

• Talking about feelings of guilt and shame or being a burden to others.

• Acting anxious or agitated; behaving recklessly.

• Increasing the use of alcohol or drugs.

• Sleeping too little or too much.

• Withdrawing or feeling isolated.

• Extreme mood swings, showing rage, or talking about revenge.

• Wrapping up loose ends, giving away personal items and saying goodbye to loved ones.

Suicide Is Preventable
Call the National Suicide Prevention Lifeline
1-800-273-8255

Mental Health and Suicide Prevention Initiative
See the world in a new light btshelp.org/mentalhealth