



Suicide Warning Signs

Warning signs are specific behaviors that could indicate someone may be thinking about suicide. Recognizing warning signs is an important first step in being able to help your friend. The more warning signs you see, the more likely it is that your friend may be thinking about suicide.

People may give direct as well as indirect verbal cues about their suicidal thoughts. These typically communicate feelings of being trapped, helpless, and hopeless. Direct verbal cues are clear statements expressing suicidal thoughts, such as "I'm thinking about killing myself," while indirect verbal cues serve more as hints that someone is thinking about suicide. These can be statements like "Things will be better when I'm gone," "The pain will never stop unless I do something," or "I want to go to sleep and never wake up." People may express these verbal cues on social networking sites like Twitter and Facebook. No matter which medium your friend uses to express these verbal cues, they should always be taken seriously.

Warning signs include:

- Feelings or statements of hopelessness
- Rage, anger, seeking revenge
- Feeling trapped
- Increased alcohol or other drug use
- Withdrawal from others
- Anxiety, agitation, or sleep problems
- Dramatic mood changes
- Feelings or statements that reflect not having a reason to live or a sense of purpose
- Threatening to hurt or kill themselves
- Looking for ways to kill themselves; seeking access to pills, weapons or other means
- Talking or writing about death, dying or suicide (If it is out of the ordinary)

