

Suicide Warning Signs

Know the signs!

- Threatening to hurt or kill oneself
- Talking about hurting or killing oneself
- Looking for ways to kill oneself by seeking access to firearms, pills, etc.
- Talking or writing about death/suicide
- Giving away prized possessions
- Feeling hopeless or worthless
- Feeling rage or uncontrolled anger
- Decreased interest in school
- Acting reckless / risky activities
- Loss of energy or interest in activities
- Feeling trapped—there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family
- Feeling anxious, agitated, unable to sleep or sleeping all the time
- Dramatic mood changes
- Seeing no reason for living

1-800-273-TALK

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