



SUICIDE PREVENTION

Suicide Warning Signs

Warning signs for suicide tend to be more apparent and easier to recognize. A common theme among warning signs is “change.” Warning signs can vary significantly from person to person, however; some of the most common warning signs for suicide are:

- Unusual or sudden behavioral changes
- Unusual or sudden changes in emotions, performance or relationships
- Changes in appetite, sleep habits, mood, concentration or energy levels
- Changes in appearance, hygiene or demeanor
- Issues with impulse control
- Depression or anxiety
- Expressing feelings of hopelessness or helplessness
- Agitation or irritability
- Increased use of alcohol
- Drug use
- Isolation or withdrawal
- Feeling alone or being lonely
- Excessive shame or guilt
- Loss of interest in work
- Giving away possessions
- Talking about death or dying
- Having a suicide plan
- Stating intentions to complete the plan