

KNOW THE WARNING SIGNS



People who are thinking about suicide often show signs of their distress. Here are some warning signs to look for:



TALK People who are thinking about suicide often show their distress through what they say, including that they...

- ◆ Feel trapped
- ◆ Are a burden to others
- ◆ Have no reason to live

People who are struggling with depression, a risk factor for suicide, may have changes in mood, including...

MOOD



- ◆ Feeling unhappy, irritable, or angry
- ◆ Losing interest in things they once cared about



BEHAVIOR Someone who is acting recklessly, increasing their use of drugs or alcohol, or experiencing changes in their sleep habits may be at risk of suicide.



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