

## Warning Signs of Suicide

Taken individually, none of these signs may indicate impending suicidal or self-destructive behavior. Two or three together, especially in a short space of time, increase the possibility that a person may need help.

### High urgency: Get the person help NOW!

- Talking about suicide
- Planning how to kill themselves
- Gathering the method
- Setting a timetable to die

### High risk:

Encourage the person to talk about their feelings. Listen without judging. When they are finished talking suggest options, alternative and resources.

- Abrupt personality changes
- Giving away prized possessions
- Speculating about what happens after death
- A previous suicide attempt
- Use of drugs and/or alcohol
- Sleeping too much or too little
- Loss of appetite for food, or over-eating
- Suddenly withdrawing from people, or suddenly becoming @the life of the party@
- Withdrawal of affectionate behavior, or sexual promiscuity
- Problems with anger management
- Inability to tolerate frustration
- Neglecting personal appearance, or suddenly over-concerned with appearance
- Criminal behavior such as theft or vandalism
- Depression
- Carelessness, accident prone
- Unusually long grief reaction following a loss or move
- Sadness, discouragement
- Hostile behavior
- Neglect of work or study
- Truancy
- Difficulty concentrating
- Family disruption/divorce
- Abrupt end of a romance
- Running away from home
- Sudden interest or disinterest in religion

For more information contact the **American Association of Suicidology** or the **American Federation for Suicide Prevention**, or call **1-800-564-2120**.