Some behaviors may indicate that a person is at immediate risk for suicide. The following three should prompt you to immediately call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or a mental health professional.

» Talking about wanting to die or to kill oneself
» Looking for a way to kill oneself, such as searching online or obtaining a gun
» Talking about feeling hopeless or having no reason to live

Other behaviors may also indicate a serious risk—especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change.

» Talking about feeling trapped or in unbearable pain
» Talking about being a burden to others
» Increasing the use of alcohol or drugs
» Acting anxious or agitated; behaving recklessly
» Sleeping too little or too much
» Withdrawing or feeling isolated
» Showing rage or talking about seeking revenge
» Displaying extreme mood swings

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. An online chat option is available at http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx

July 2014

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The Suicide Prevention Resource Center is supported by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA) under Grant No. 5U79SM059945.