



Warning Signs for Suicide



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 \(8255\)](tel:1-800-273-TALK) 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>

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Suicide Prevention Resource Center

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