

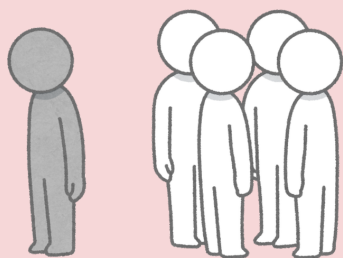


# Know the Signs. Save a Life.

The signs of **suicide** are often there.

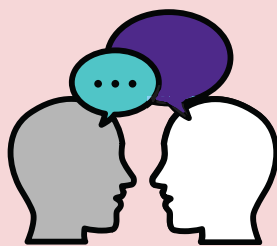
Knowing what to look for can help you support someone before a crisis escalates.

## WARNING SIGNS



### BEHAVIOR

- ▶ Making a plan
- ▶ Researching ways to die
- ▶ Withdrawing from friends
- ▶ Saying “goodbye”
- ▶ Giving away important items
- ▶ Making a will
- ▶ Taking dangerous risks
- ▶ Displaying extreme mood swings
- ▶ Using drugs or alcohol more often
- ▶ Eating or sleeping more/less



### TALK

- ▶ Wanting to die
- ▶ Great guilt or shame
- ▶ Being a burden to others
- ▶ Unbearable pain
- ▶ Feeling trapped
- ▶ “Nothing will ever get better”
- ▶ “I just want the pain to stop”
- ▶ “Everyone would be better off without me”



### MOOD

- ▶ Depressed
- ▶ Extremely sad
- ▶ Anxious
- ▶ Agitated
- ▶ Full of rage
- ▶ Feeling numb
- ▶ Hopelessness
- ▶ Loss of interest

**#BETHE1TO** Ask - Be there - Keep them safe - Help them stay connected - Follow up