

WARNING SIGNS OF ACUTE SUICIDE RISK

The following are not always directly communicated or expressed outwardly:

- **Threatening to hurt or kill themselves, or talking of wanting to hurt or kill themselves;**
- **Looking for ways to kill themselves by seeking access to firearms, available pills, or other means;**
- **Talking or writing about death, dying or suicide, when these actions are out of the ordinary.**

Youth-specific warning signs can be found at preventyouthsuicide.org



ASK: Are you thinking about suicide?

**WHEN YOU RECOGNIZE SOMEONE
EXHIBITING THESE WARNING SIGNS, IT'S
OK TO ASK DIRECTLY.**

- Increased substance (alcohol or drug) use
- No reason for living; no sense of purpose in life
- Anxiety, agitation, unable to sleep or sleeping all of the time
- Feeling trapped - like there's no way out
- Hopelessness
- Withdrawal from friends, family and society
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Dramatic mood changes
- Giving away prized personal possessions or seeking long-term care for pets