

# Suicide Warning Signs



## TALK

Experiencing unbearable pain

Being a burden to others

Killing themselves

Feeling trapped

Having no reason to live

## BEHAVIOR



Increased use of alcohol or drugs

Withdrawing from activities

Giving away prized possessions

Isolating from friends & family

Looking for a way to kill themselves, such as searching online for materials or means

Sleeping too little or too much

Acting recklessly  
Visiting or calling people to say goodbye

Aggression



## MOOD

Depression

Irritability

Loss of interest

Anxiety

Rage

Humiliation



# Suicide Prevention Resources

## Be a lifesaver



### Visit

Your Primary Care Provider  
Mental Health Professional  
Walk-in Clinic  
Emergency Department  
Urgent Care Center



### Find a Mental Health Provider

[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)  
[mentalhealthamerica.net/finding-help](http://mentalhealthamerica.net/finding-help)



### National Suicide Prevention Lifeline

1-800-273-TALK (8255)  
Veterans: Press 1



### Text TALK to 741741

Text with a trained crisis counselor from the Crisis Text Line for free, 24/7



### Call 911 for Emergencies