

DO YOU KNOW THE WARNING SIGNS OF SUICIDE?

The following signs may mean someone is at risk for suicide.

If you or someone you know exhibits any of these signs, seek help as soon as possible by calling the Lifeline at **1-800-273-TALK (8255)**.



- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- 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 isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.