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**Suicide Warning Signs**

People who kill themselves exhibit one or more warning signs, either through what they say or what they do. The more warning signs, the greater the risk.

**Talk**

If a person talks about:

* Killing themselves.
* Having no reason to live.
* Being a burden to others.
* Feeling trapped.
* Unbearable pain.

**Behavior**

A person’s suicide risk is greater if a behavior is new or has increased, especially if it’s related to a painful event, loss, or change.

* Increased use of alcohol or drugs.
* Looking for a way to kill themselves, such as searching online for materials or means.
* Acting recklessly.
* Withdrawing from activities.
* Isolating from family and friends.
* Sleeping too much or too little.
* Visiting or calling people to say goodbye.
* Giving away prized possessions.
* Aggression.

**Mood**

People who are considering suicide often display one or more of the following moods.

* Depression.
* Loss of interest.
* Rage.
* Irritability.
* Humiliation.
* Anxiety.