



Warning Signs for Suicide



Some behaviors may indicate that a person is at immediate risk for suicide. The following three should prompt you to immediately call the National Suicide Prevention Lifeline at [1-800-273-TALK \(8255\)](tel:1-800-273-TALK) or a mental health professional.

- » Talking about wanting to die or to kill oneself
- » Looking for a way to kill oneself, such as searching online or obtaining a gun
- » Talking about feeling hopeless or having no reason to live

Other behaviors may also indicate a serious risk—especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change.

- » 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 feeling isolated
- » Showing rage or talking about seeking revenge
- » Displaying extreme mood swings

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. An online chat option is available at <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

July 2014

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The Suicide Prevention Resource Center is supported by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA) under Grant No. 5U79SM059945.

Suicide Prevention Resource Center

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