

## **WARNING SIGNS OF SUICIDE**

1. Expressing suicidal feelings directly or bringing up the topic of suicide.
2. Giving away prized possessions, settling affairs, making out a will.
3. Signs of depression: loss of pleasure, sad mood, alterations in sleep/eating patterns, feelings of hopelessness and excessive guilt.
4. Change of behavior (poor work or school performance).
5. Risk-taking behaviors.
6. Increased use of alcohol or drugs.
7. Social isolation.
8. Developing a specific plan for suicide (#1 predictor of suicide risk).



**National Suicide Prevention Lifeline**