

SUICIDE WARNING SIGNS*

Listed below are signs someone may be thinking about suicide

TALKING ABOUT

- Wanting to die
- Being a burden
- Great Guilt or Shame



FEELINGS:

- Empty, hopeless, trapped
- Sadness, rage, anxiety
- Profound physical and psychological pain



CHANGING BEHAVIOR SUCH AS:

- Making a plan or researching ways to die
- Extreme mood swings
- Withdrawing from friends, giving away important items, saying good-bye
- Taking extreme risks
- Change in eating and sleeping habits
- Increase use of alcohol and other drugs



If these warning signs apply to you or somebody you know, get help as soon as you, particularly, if this behavior is new and has increased in intensity

Call National Suicide Prevention LifeLine
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741

CONSTRUCTION
SUICIDE
PREVENTION
PARTNERSHIP



A program of

lines for life

www.linesforlife.org/construction

*Adapted from <https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide>