

Suicide Warning Signs: Act Now

- Depression (prolonged)
- Feeling sad
- Feeling angry
- Pessimism
- Personality change(s)
- Self-criticism
- Talk of death
- Making a will
- Plan to hurt self
- Plan to hurt others
- Withdrawal: family
- Withdrawal: friends
- Neglect of appearance
- Desperation
- Anxiety
- Panic
- Agitation
- Rage
- Not self-supporting
- Feels shame
- Difficulties at school
- Difficulties in sports
- Difficulties at work
- Change in sleep patterns
- Change in eating patterns
- Setback viewed as a failure/sign of low worth
- Rejecting compliments
- Physical symptoms of emotional pain
- Feeling hopeless, “beyond help”
- Giving away possessions
- Increased drug/alcohol abuse
- Sudden improvement after lengthy sad withdrawal
- Lacks sense of purpose
- Reckless behavior/driving
- Sense of being trapped
- Uncontrolled anger
- Seeking/planning revenge
- Dramatic mood changes
- Believe they are a burden to others/society
- Suicidal thoughts (ideation)

*When several warning signs are present it is time to act.
Trust your read of the situation and save a life.*

This page is excerpted from Dr. Joy's book, *Prevent Suicide: The Smart Way*
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JoyWalk.org
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Suicide Prevention Help

If you are thinking you would be better off dead or that your loved ones would be better off if you were, call the toll-free 24-hour hotline of the **National Suicide Prevention Lifeline** now at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889) to talk with a trained counselor. Or, **Call your doctor Dial 911** (or the local emergency number) or **go to an emergency room** **Veterans and military crisis line 1-800-273-8255 press 1** **Crisis text line 741-741**

Suicide Risk Factors

**Risk factors do not mean suicide is likely—
They increase the risk but most people never attempt suicide.**

- Prior suicide attempt(s)
- Suicide plan
- Homicidal ideation
- Preoccupation with death
- Mental disorder
- Low self-esteem
- Stress related to LGBTQ
- Mood disorders
- Impulsiveness
- Aggressive tendencies
- Social isolation
- Alienation from family/friends
- New residence during last year
- Lack of social support network
- Family changes
- Relationship
- Conflict
- Bullied or Bully
- Personality disorder
- Schizophrenia
- Anxiety
- Psychosis
- Alcohol or drug abuse
- Physical illness with loss of activities
- Depression (especially longer than 2 weeks)
- Feels hopelessness
- Learning disabilities
- Self-harm behaviors
- Exposure to violence
- History of childhood abuse
- New school during last year
- Suicide of close friend or family member
- Loss of status
- Recent disappointment or rejection
- Feels mental/behavioral health stigmatizing
- Feeling unloved and unlovable
- Cultural acceptance of suicide
- Irresponsible portrayal of suicide by media
- Self-inflicted high demands
- Abused (especially before age 10)
- Multiple body piercings
- Raised in violent home
- High ACE score and low resilience
- Suicide clusters
- Traumatic experience
- Smokes cigarettes
- Abused as a teenager
- Multiple tattoos
- Rx for mental disorder
- Absentee parent
- Dysfunctional environment
- Perfectionism
- Feeling disconnected: religious/spiritual
- Feeling lost; without direction