

Suicide Prevention

Know the Warning Signs



Having suicidal thoughts should be taken seriously. The two most important steps in prevention are recognizing the warning signs and getting help.

Here is what you need to know:

Any one of these symptoms does not necessarily mean the person will commit suicide, but several of them may signal a strong need for help.

- Talking or writing about suicide, death, or the afterlife, including verbal hints, such as, "You'd be better off without me"
- Seeking access to firearms, pills, or other means to end his or her life
- Expressing hopelessness, guilt, worthlessness (no reason for living)
- Dramatic mood swings or personality changes
- Depression; lack of interest in usual activity or future plans
- Increased drug or alcohol use
- Feeling trapped, no way out
- Isolating from family, friends and society
- Giving away prized possessions

Be alert especially if a person has attempted suicide in the past.

In a crisis, the Suicide Prevention Lifeline is also available 24/7: 1.800.273.TALK (8255) or 911.

What to Do If You Think Someone is Suicidal

If anyone you know mentions suicide, encourage them to get professional help.

If there is an immediate crisis, have them call the Suicide Prevention Lifeline: **1.800.273.TALK (8255) or 911**. Consider counseling for yourself if you observe warning signs, especially if the person is resistant to getting help.

Turn to Us

Depression is a major risk factor for suicide. Getting help early is important. If you or a loved one feels persistent sadness, hopelessness, or struggles with other mental health problems, contact us. We can help you get confidential support, resources, and if needed, referrals. answers@HealthAdvocate.com

