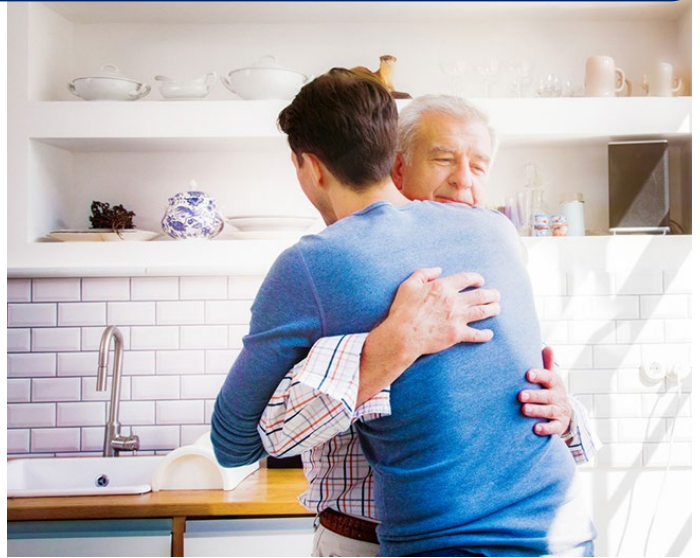


## Suicide Warning Signs

When people struggle with problems that seem overwhelming, they may begin to feel trapped, helpless, or hopeless and they don't see a way out. They often just want their negative feelings to stop. Below are some of the most common warning signs that someone might be at risk for suicide. It is important to reach out when you see these signs and get them professional help right away.



- 1) Negative Feelings** - Expressing feelings of hopelessness, sadness, anxiety, irritability or loss of interest in normal activities.
- 2) Concerning Actions** - Displaying severe pain or distress, increased use of alcohol or drugs, and looking for ways to end their lives such as searching for ways to commit suicide online.
- 3) Behavior Changes** - Showing worrisome behaviors or marked changes in behavior, including withdrawal from friends, changes in social activities, anger, hostility, or changes in sleeping and eating patterns.
- 4) Expression of Suicidal Thoughts** - Talks or writes about death, expresses feelings of hopelessness or that they have no reason to live, or saying they are a burden to others in their life.
- 5) Stressful Events** - Recent experience with stressful situations including loss, major changes, humiliation, getting into trouble at home, in school, or with the law, bullying, neglect, or abuse.

**If you or a loved one is having suicidal thoughts, please call our 24-Hour Helpline at 1.800.928.8000. We have crisis counselors who can help.**