



SUICIDE WARNING SIGNS

Those who talk about suicide or express thoughts about wanting to die are at risk for suicide and need your attention. Take all threats of suicide seriously.

LOOK

These may be signs that someone is at risk for suicide:



- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.
- Increasing the use of alcohol or drugs.
- Looking for a way to kill oneself, such as searching online or buying a gun.

LISTEN

Individuals considering suicide may talk about:

- Feeling trapped or in unbearable pain.
- Being a burden to others.
- Feeling hopeless or having no reason to live.
- Wanting to die or to kill oneself.



LEARN

There are ways to help:



- Take a training like Mental Health First Aid, ASIST or safeTALK.
- Contact your local Community Services Board or Behavioral Health agency.
- If you or someone you know needs support now, call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

FOR MORE INFORMATION, VISIT
[LOCKANDTALK.ORG](https://lockandtalk.org)