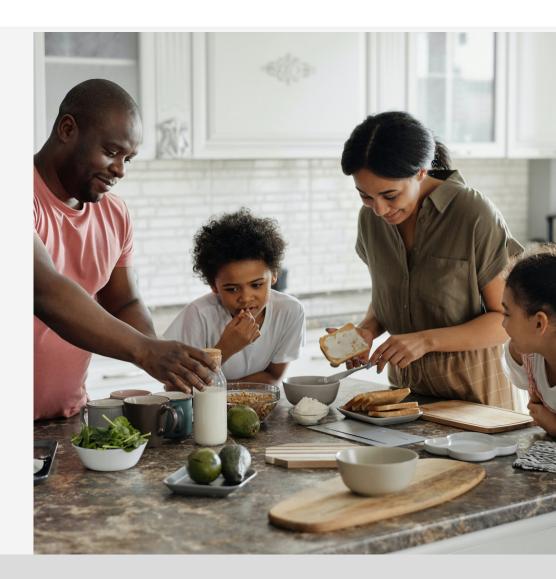
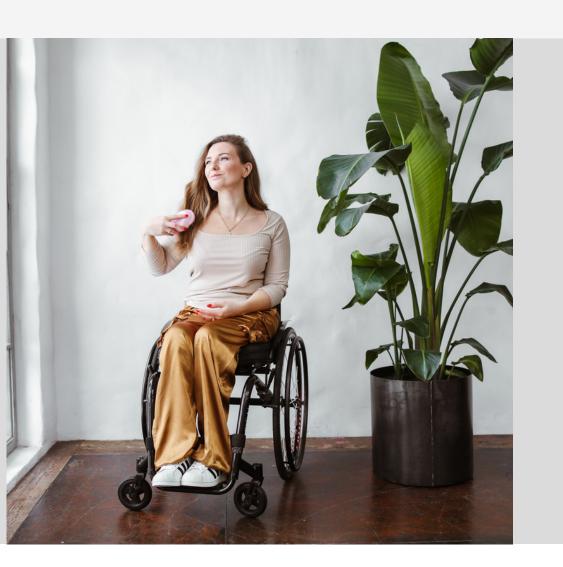


## Warning Signs for Suicide

Warning signs can be indicators that a person may be thinking about attempting suicide and may urgently need help:

- Talking or writing about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs





- Losing interest in activities
- Acting anxious or agitated; behaving recklessly and irrationally
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Sharp drop in performance
- Giving away possessions

## How to Help Someone in Crisis

- 1. Ask Directly Asking someone directly, "are you thinking of suicide?" can be the open door to a conversation that they've been needing.
- 2. Be an Active Listener Be there to listen with compassion and empathy. Avoid judgmental or dismissive statements that might make someone recede from the conversation.
- 3. Keep Them Safe Do not leave someone alone if they are thinking about suicide. If you think the person is in immediate danger, call 911 or take them to the nearest emergency room.
- 4. Connect Them to Help Find out who they can reach out to for help, whether it's a therapist, a doctor, friends or family. Help them feel supported and offer resources to get professional assistance. For additional support, call 911 or your local suicide hotline.
- 5. Check-In Again Follow-up with the person in the days and weeks after the crisis to let them know you're thinking of them.