

IS A LOVED ONE AT RISK? KNOW THE SIGNS...

ADULT WARNING SIGNS

Risk is greater if behavior is new or has increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.



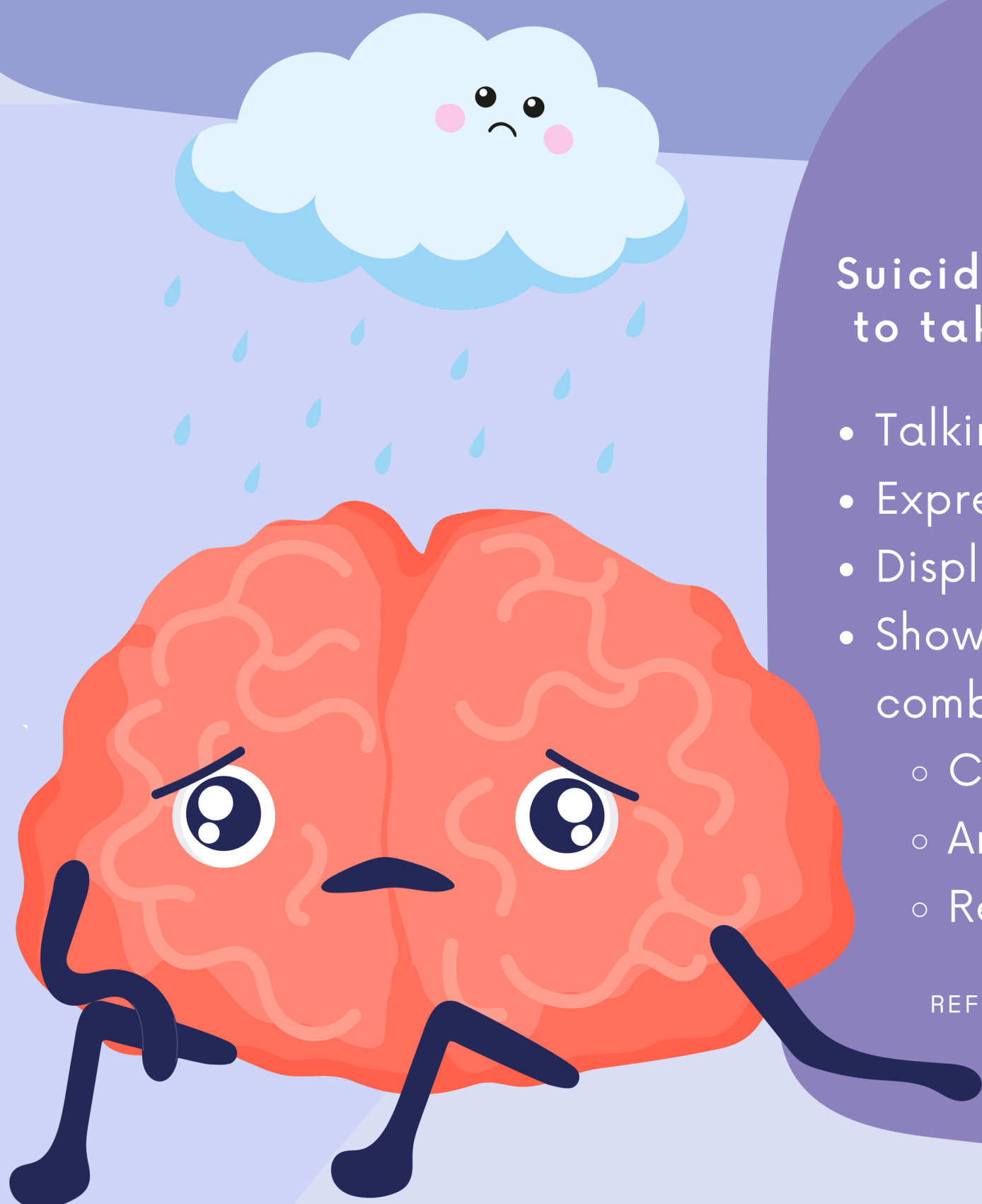
NATIONAL
SUICIDE
PREVENTION
MONTH

YOUTH WARNING SIGNS

Suicide can be prevented with proper intervention. It is time to take action if you notice these signs in family or friends.

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe/overwhelming emotional pain or distress.
- Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context.
 - Recent increased agitation or irritability.

REFERENCES AND RESOURCES ARE PROVIDED BY NAMI, SAMHSA, AND 988LIFELINE.ORG



YOU ARE NOT ALONE. FREE SUPPORT IS AVAILABLE.

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. People can call or text 988 or chat [988lifeline.org](https://www.988lifeline.org) for themselves or if they are worried about a loved one who may need crisis support.

