

## **FACTS: The Warning Signs of Suicide**

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### **Feelings**

- Hopelessness: feeling like things are bad and won't get any better
- Fear of losing control, going crazy, or harming oneself or others
- Helplessness: a belief that there's nothing that can make life better
- Worthlessness: feeling useless and of no value
- Self-hate, guilt, or shame
- Extreme sadness or loneliness
- Anxiety or worry

### **Actions**

- Increased use of alcohol or other drugs
- Talking or writing about death or destruction
- Looking online for ways to kill yourself
- Engaging in self-destructive or harming behaviors (like cutting)
- Aggression
- Recklessness

### **Changes**

- Personality: behaving like a different person, becoming withdrawn, feeling tired all the time, not caring about anything, or becoming more talkative or outgoing
- Behavior: inability to concentrate, drop in grades
- Sleeping pattern: sleeping all the time or not being able to sleep
- Eating habits: loss of appetite and/or overeating
- Losing interest in friends, hobbies, or personal appearance; isolating oneself
- Sudden improvement after a period of being down or withdrawn

### **Threats**

- Statements such as "I wonder what it's like to die"
- Threats such as "I won't be around much longer" or "You'd be better off without me"
- Suicide attempts

### **Situations**

- Getting into trouble at school, at home, or with law enforcement
- Recent losses
- Changes in life that feel overwhelming
- Being exposed to suicide or the death of a peer under any circumstances
- Being bullied or physically or sexually abused