

# 5 SIGNS & SYMPTOMS

## HOW TO RECOGNIZE SUICIDE RISKS

1

### **Personality & Mood Changes**

Look for sudden or gradual changes in the way someone typically behaves and in their mood. Listen for complaints from the person about their mood or look for signs that their mood is becoming more angry, manic, anxious, or depressive.

2

### **Withdrawal & Isolation**

Notice when someone who used to be more socially engaged is pulling away from family and friends, and turning down invitations to do things they used to enjoy doing. Is the person spending excessive time alone? Ignoring calls and texts? Also look for inconsistent attendance to school or work.

3

### **Suicidal Statements**

Has the person made vague or direct statements around others or on social media like: "I wish I were dead," "I do not want to live anymore," "I don't want to be here," "Everyone is better off without me," etc.?

4

### **Poor Self-Care**

Has the person changed how they care for themselves? Any changes in their personal hygiene, appearance, diet/nutrition, or sleep? Are they abusing drugs or alcohol? Are they refusing to see a doctor for a significant medical issue or stopping life-saving medications? Are they engaging in risky behaviors that could threaten their life?

5

### **Increased Pain & Loss of Purpose**

Does the person seem to be suffering from a lot of loss, seem burdened with trauma and stress, and seem emotionally overwhelmed while at the same time struggling to find meaning, purpose, and hope for their life.

