

suicideispreventable.org



1.800.273.8255

National Suicide
Prevention Lifeline:

Pain Isn't Always Obvious

KNOW
THE SIGNS

Suicide Is Preventable

Pain isn't always obvious. By recognizing the warning signs of suicide, knowing how to start a conversation and where to turn to for help, you have the power to make a difference— the power to save a life.

WARNING SIGNS TO LOOK FOR:

- Talking about wanting to die or suicide
- Feeling hopeless, desperate, trapped
- Giving away possessions
- Putting affairs in order
- Reckless behavior
- Anger
- Increased drug or alcohol use
- Withdrawal
- Anxiety or agitation
- Changes in sleep
- Sudden mood changes
- No sense of purpose

If you are concerned about someone, reach out and ask a direct question:

“Are you thinking about suicide?”

If you think the person is suicidal, take it seriously. Don't leave them alone. Call 1.800.273.8255.

Visit suicideispreventable.org to learn if someone you know might be at risk.