

Clues to Suicide: Learn the Warning Signs

Knowing the warning signs for suicide can help save a life. One or two of these signs alone may mean nothing at all, but if you start to see these warning signs and you have been concerned about the person, take action, get help:

- Writing a will, making funeral plans*
- Giving things away, returning borrowed items; saying goodbye*
- Cleaning house/room/locker/desk when out of character*
- Suicidal threats, direct or indirect*
- Acquiring guns; stockpiling pills; obsession with guns and knives*
- A previous suicide attempt*
- Talking, reading, listening or writing about death/suicide*
- Increased use of drugs or alcohol; starting to use mood altering chemicals*
- Risk-taking behavior or self-harm (cutting, burning)*
- Change in religious behavior, either lost interest or a new found interest*
- Statements of hopelessness; lack of self esteem*
- Isolating, withdrawal from friends, family or favorite activities*
- Symptoms of depression or other brain illness*
- Change in eating or sleeping patterns; weight gain/loss, insomnia*
- Falling grades, missed deadlines, often tardy or absent*
- Irritability, angry outbursts, picking fights, alienating one's self from others*

Call **1-800-273-TALK** if you or someone you know may be suicidal.



Yellow Ribbon Suicide Prevention Program in MN www.yellowribbonmn.org