

Suicide Warning Signs

Knowing and recognizing the warning signs is key to preventing suicide. Seek help if you or someone you know is experiencing any of the signs below.

- ❗ Talking about wanting to die
- ❗ Looking for a way to kill oneself
- ❗ Talking about having no reason to live
- ❗ Giving away prized possessions
- ❗ Acting anxious or agitated
- ❗ Talking about being in unbearable pain
- ❗ Sleeping too little or too much
- ❗ Withdrawing or feeling isolated
- ❗ Increasing the use of alcohol or drugs
- ❗ Showing rage or seeking revenge
- ❗ Displaying extreme mood swings
- ❗ Talking about being a burden to others
- ❗ Exhibiting daring or risk-taking behaviors
- ❗ Showing lack of interest in future plans

National Suicide Prevention Lifeline

800-273-8255



**Blue Cross
Blue Shield
Blue Care Network**
of Michigan

Nonprofit corporations and independent licensees
of the Blue Cross and Blue Shield Association

Sources: Substance Abuse and Mental Health
Services; Centers for Disease Control



NEW DIRECTIONS®
ndbh.com/suicide