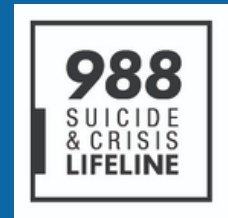


Warning Signs of Suicide: A Fact Sheet for Family and Community Members



People who are considering suicide may show signs that they are thinking about or planning to attempt suicide. These are known as *warning signs of suicide*. It can be scary when someone you care about may be considering suicide, but there are things you can do to help. This fact sheet can help you recognize common warning signs that may indicate a person is at risk of suicide. It also provides tips on how to respond if you observe these warning signs in someone and when to seek immediate professional help.

Common Warning Signs of Suicide



Talking about:

- Attempting suicide
- Feeling unbearable pain
- Death or a recent fascination with death
- Feeling hopeless, worthless, or “trapped”
- Feeling guilt, shame, or anger
- Feeling like they are a burden to others



Changes in behavior or mood:

- Recent suicide attempt
- Planning a suicide attempt
- Increased alcohol or drug use
- Losing interest in personal appearance or hygiene
- Withdrawing from family, friends, or community
- Saying goodbye to friends and family
- Giving away prized possessions
- A recent episode of depression, emotional distress, and/or anxiety
- Changes in eating patterns
- Changes in sleep patterns
- Becoming violent or being a victim of violence
- Expressing rage
- Recklessness



How to respond if you observe warning signs:

- Let the person know you are concerned and ask if they are ok.
- Ask the person if they are having thoughts of suicide.
- Listen attentively and without judgment.
- Let the person know you care about them and support them.
- Offer to help connect them with professional help.

When to Seek Professional Help Immediately

Some behaviors may indicate an emergency is happening or that a person is in crisis. **If you observe the following behaviors, you should immediately connect the person with professional help, such as the [988 Suicide & Crisis Lifeline](#), emergency medical services, or a mental health professional.**

- Talking about immediate harm to oneself or others
- Planning to attempt suicide (for example, searching online for information about how to attempt suicide)
- Acting in such an erratic manner that you are concerned about their safety

If the person in crisis is unwilling or unable to seek professional help, or if you are struggling yourself, contact the [988 Suicide & Crisis Lifeline](#) to ask for guidance and support.

Disclaimer

The content of this fact sheet is intended for informational purposes only and does not constitute or substitute for medical or clinical advice, consultation, diagnosis, intervention, or treatment from a licensed health care professional.