

Suicide Warning Signs

Seek help as soon as possible by contacting a mental health professional or by calling the National Suicide Prevention Lifeline at 1-800-273-TALK if you or someone you know exhibits any of the following suicide warning signs:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities—seemingly without thinking
- Feeling trapped—like there’s no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious or agitated, being unable to sleep, or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

Help is Available Anytime, Anywhere

The National Suicide Prevention Lifeline is a free and confidential service for those who are seeking help when they feel like there is nowhere to turn. 1-800-273- TALK (8255) can be dialed toll free from anywhere in the United States 24 hours a day, 7 days a week. Trained crisis center staff are available to listen to your needs and offer:

- Crisis counseling.
- Suicide intervention.
- Mental health referral information.

You are not alone. We are here to listen and to help you find your way back to a happier, healthier life.

How Can You Help Someone?

If you know someone whom you think may be suicidal, show that you care by:

- Listening to them with sincere concern for their feelings. Do not offer advice, but let them know that they are not alone.
- Sharing your feelings with them. If you feel that they may make a reckless decision, tell them that you are concerned. They need to know that they are important to you and that you care.
- Inquiring if they have had suicidal thoughts or if they have made a suicide plan in a straightforward and caring manner. If you feel you cannot ask the question, find someone who can.
- Call the National Suicide Prevention Lifeline, 1-800-273-TALK (8255).