

## SUICIDE WARNING SIGNS

- Loss of interest in things they used to care about
- Giving things away
- Visiting or calling people and saying “Goodbye”
- Methodically making amends, settling quarrels
- Withdrawal and isolation from friends and family
- Talking about suicide and/or what it would be like to die (preoccupied with death)
- Talking about feeling hopeless, helpless or worthless
- Sudden decline in functioning at school or work
- Increased risk taking behaviour
- Hoarding of pills, hiding of weapons
- Suddenly happier, right after a long deep depression
- Pre-occupation with death
- Self-injury
- Threatening suicide
- Change in appearance – hygiene, etc.
- Indirect statements
  - “What’s the use of going on.”
  - “My parents would be happier if I’d never been born.”
  - “I just can’t take it anymore.”
- Direct statements
  - “Sometimes I just feel like killing myself.”
  - “If I killed myself; then people would be sorry.”
  - “You won’t have to worry about me much longer.”