

Suicide Warning Signs or ways someone could be inviting / asking for help --the FACTS--

Feelings

Actions

Changes

Threats

Situations

Feelings

- Hopeless
- Depressed
- Angry
- Lonely
- Burdensome
- Anxious
- Trapped
- Lacking purpose
- Guilty
- Desperate
- Irritable

Actions

- Abusing alcohol/drugs
- Reckless behavior
- Aggression/fighting
- Self-harm/cutting
- Giving away possessions

Changes

- Personality and behavior
- Academic performance
- Increased tiredness, sleeping in class
- Eating habits / Personal appearance
- Losing interest in social activities, sports, hobbies
- Withdrawing from family & friends
- Sudden improvement after seeming depressed for a long time

Threats

- Talking about death
 - *"Who do you think would attend my funeral?"*
- Concerning statements
 - *"You'll miss me when I'm gone"*
 - *"I can't take this anymore"*
 - *"I'd be better off dead"*
 - *"It will never get better"*
- Making plans for suicide
- Researching suicide methods online
- Obtaining lethal means (ex: buying rope, storing medication, getting a gun)
- Threats can appear
 - Verbally
 - In writing: text, social media, etc.
 - In actions: making a suicide plan

Situations

- Mental health or substance use disorder
- Recent losses: relationship, job, death of a loved one
- Rejection: from academic program, sports team, romantic partner, etc.
- Getting into trouble
- Moving, graduating, changing schools
- Life situations: abuse, pregnancy, dating violence
- Suicide attempt or death of a friend/family member