

Warning Signs of Suicidal Behavior

- Talking about dying or wanting to die
- Talking about feeling empty, hopeless, or having no way out of problems
- Mentioning strong feelings of guilt and shame
- Talking about not having a reason to live or that others would be better off without them
- Social withdrawal and isolation
- Giving away personal items and wrapping up loose ends
- Saying goodbye to friends and family

Less Obvious Suicide Warning Signs

- Any unusual changes in behavior
- Changes in sleeping patterns
- Accessing lethal means
- Emotional distance
- Physical pain

[For more detailed information, click here.](#)