## Suicide Warning Signs



Experiencing unbearable pain

Being a burden to others

Killing themselves

Feeling trapped

Having no reason to live BEHAVIOR

Increased use of alcohol or drugs

Withdrawing from activities

Giving away prized possessions

Isolating from friends & family

Sleeping too little or too much

Looking for a way to kill themselves, such as searching online for materials or means

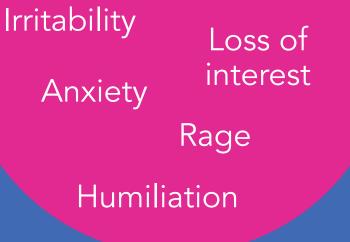
Acting recklessly

Visiting or calling people to say goodbye

Depression

MOOD

Aggression



## afsp.org/signs



American **Foundation** for Suicide **Prevention**