

# SUICIDE WARNING SIGNS

## WHAT TO LOOK FOR



If some of these factors, considered “warning signs,” suddenly appear or increase, a person could be in danger of trying to end their life within hours or days. People who attempt suicide may display all, some, or even none of these warning signs beforehand:

- thoughts about suicide (expressing a threat or a desire to hurt themselves)
- increased substance use, misuse, or abuse
- see no reason for living
- increased anxiety/agitation or hopelessness, feeling trapped



- withdrawal from friends and/or family
- anger or recklessness
- sudden mood change
- guilt or shame
- not sleeping, sleeping all the time and/or nightmares
- giving away prized possessions
- feelings of being a burden or people would be better off without them



Get help immediately by contacting a mental health professional or call the 988 Suicide & Crisis Lifeline by dialing or texting 988 or call 1-800-273-8255. You can chat online at [988lifeline.org](https://988lifeline.org).

Develop a safety plan. Consider access to weapons and other means for self-harm and find ways to limit that access. Work with a professional and the person at risk to understand personal warning signs, triggers, and ways to cope.

### Resources:

- [Patient Safety Plan Template](#)
- [After an Attempt: A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department](#)

**CHADD.org | 866-200-8098**



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