

Signs of Suicide



Behavioral Signs:

- Withdrawing from social connections – Isolation from family, friends, or activities.
- Increased use of drugs or alcohol – A marked rise in substance abuse.
- Giving away possessions – A sudden interest in distributing personal belongings.
- Saying goodbye – Expressing farewells to loved ones or writing goodbye letters.
- Risky or reckless behavior – Engaging in dangerous activities without concern for consequences.
- Sudden calmness – After a period of depression, a sudden shift to calm can indicate a decision has been made.
- Drastic changes in mood – Extreme mood swings, from sadness to irritability or agitation.
- Talking or writing about death – Open conversations or expressions about wanting to die.
- Loss of interest in activities – No longer caring about things once enjoyed.

Emotional Signs:

- Hopelessness – Feeling as though there's no future or solution to their problems.
- Despair – Talking about feeling trapped, in unbearable pain, or being a burden to others.
- Shame or guilt – Overwhelming feelings of being a failure or letting others down.
- Agitation or anxiety – Increased restlessness, panic, or worry about the future.
- Deep sadness or depression – Persistent and unshakable sadness or numbness.

Verbal Cues:

- "I wish I were dead."
- "I can't go on anymore."
- "Everyone would be better off without me."
- "There's no reason to live."

Physical Changes:

- Neglecting personal appearance – A significant decline in grooming or hygiene.
- Disturbed sleep patterns – Sleeping too little, too much, or experiencing insomnia.
- Changes in eating habits – Noticeable weight loss or gain, or loss of appetite.

****Recognizing these signs is critical for taking action, seeking help, and potentially saving a life. If you see these signs in someone, reaching out and offering support is crucial.***

