

Know the Warning Signs of Suicide Risk

Suicide is preventable. You should understand the warning signs of suicide and know what to do if you suspect you or a loved one are at risk. When suicidal behaviors are detected early, lives can be saved. These are among the suicide warning signs noted by the National Suicide Prevention Lifeline:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself.
- Seeking access to firearms, available pills or other means.
- Talking or writing about death, dying or suicide when these actions are out of the ordinary for the person.
- Feeling hopeless.
- Feeling rage or uncontrolled anger or seeking revenge.
- Acting recklessly or engaging in risky activities – seemingly without thinking.
- Feeling trapped.
- Increasing alcohol or substance abuse.
- Withdrawing from friends, family and society.
- Feeling anxious, agitated or unable to sleep, or sleeping all the time.
- Seeing no reason for living or having no sense of purpose in life.

If you suspect that someone you know is suicidal, seek assistance immediately from a hospital or health-care professional.

What if Someone I Know Needs Help or I Need Help?

If you need help:
Suicide & Crisis Hotline
 **618-397-0963**
24 hours a day, 7 days a week

National Suicide Prevention Lifeline
1-800-273-TALK
1-800-273-8255