

# Warning Signs and Symptoms

## Some warning signs are obvious, like,

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Making a plan or looking for a way to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain (whether it be emotional or physical pain)
- Talking about being a burden to others
- Taking uncharacteristic or unusual risks, such as driving extremely fast
- Or saying goodbye to family and friends

## Some of the signs are more subtle, like

- Using drugs or even alcohol in destructive or abnormal ways
- Acting more anxious or agitated
- Withdrawing from family and friends
- Changing eating or sleeping habits
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings, like suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Or suddenly putting affairs in order, like making a will

