

# Warning Signs

## Suicide

Recognizing the warning signs is key to preventing suicide. Seek help if you or someone you know is experiencing any of the signs below.

- Discussing wanting to die or having no reason to live
- Expressing being in pain or being a burden to others
- Looking for a way to kill oneself
- Giving away prized possessions
- Acting anxious or agitated
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Increasing the use of alcohol or drugs
- Showing rage or extreme mood swings
- Exhibiting daring or risk-taking behaviors
- Showing lack of interest in future plans

**National Suicide Prevention Lifeline**  
**800-273-8255 or dial 988**

 **NEW DIRECTIONS®** | **TRIDIUM**   
Learn more at [ndbh.com/suicide](https://ndbh.com/suicide).

Sources: Substance Abuse and Mental Health Services; Centers for Disease Control  
©2022 New Directions Behavioral Health, LLC  
ND-MAR234-20220701