

Suicide Warning Signs

Adapted from Mental Health and Well-Being in Pharmacy

By Maria Thurston, PharmD, BCPS

Talk (if the person talks about...)	Behavior	Mood
Killing themselves	Increased use of alcohol or drugs	Depression
Feeling hopeless	Looking for a way to end their life	Anxiety
Having no reason to live	Withdrawing from activities	Loss of interest
Being a burden to others	Isolating from family & friends	Irritability
Feeling trapped	Sleeping too much or too little	Humiliation/shame
Unbearable pain	Visiting/calling people to say "bye"	Relief/sudden improvement
	Giving away prized possessions	
	Aggression/fatigue	

References:

- Risk Factors and Warning Signs. Available at: <https://afsp.org/about-suicide/risk-factors-and-warning-signs/> Accessed October 7, 2019