



Suicidal warning signs are not always obvious, but can be a desperate cry for help

***Seeing suicidal warning signs in friends or family members?
Here are a few indications that someone may be considering suicide.***

1. Talking or Writing About Suicide or “Going Away”

People who die by suicide usually talk about it first. They are in pain and often times reach out for help because they do not know what to do and have lost hope. Always take talk about suicide seriously. Many people casually use the words “I am so depressed” or “I am going to kill myself.” They can be a call for help.

2. Increased Use/Abuse of Substances

People who are struggling with untreated or misdiagnosed mental health disorders may self-medicate with drugs or alcohol. Use of these substances can add to hopelessness, alter clear thinking and can cause impulsive behavior.

3. Acting Reckless

They just may have a death wish.

4. Change in Sleep or Eating Habits

Depression can disturb a person’s eating and sleep patterns. Lack of sleep can trigger depression and depression may cause lack of sleep. It is an ugly illness that can feed on itself.

5. Withdrawing from Friends or Family

A person who has a plan to complete suicide may avoid contact with those who are closest to them to prevent interference.

6. Mood Changes, Anger or Rage

Depression does not always present itself as a person withdrawing quietly. Symptoms of depression may be anger or rage. The frustration of the inability to cope with daily problems and activities can bring a person to outbursts and possibly to the point of suicide.

7. Losing Interest in Activities

Appearing depressed most of the time, giving away possessions, exhibiting chronic absenteeism or excessive lateness can be signs that a person has given up hope in life.

8. Numerous Unexplained Physical Ailments

Individuals with untreated mental illness have a life expectancy of 25 years shorter than the general population. Untreated or misdiagnosed mental health issues may lead to suicide.



Start the Conversation • Reverse an Attitude • SAVE A LIFE!

Contact AIR for More Information

Visit www.AttitudesInReverse.org • **Call** 609-945-3200 • **Write** info@AttitudesInReverse.org

PLEASE NOTE: AIR is not a counseling service. If you are in a crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or the NJ Hopeline at 1-855-654-6735.