



SHIAWASSEE
Health & Wellness

SUICIDE WARNING SIGNS

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ◇ Talking about wanting to die or to kill oneself.
- ◇ Looking for a way to kill oneself, such as searching online or buying a gun.
- ◇ Talking about feeling hopeless or having no reason to live.
- ◇ Talking about feeling trapped or in unbearable pain.
- ◇ Talking about being a burden to others.
- ◇ Increasing the use of alcohol or drugs.
- ◇ Acting anxious or agitated; behaving recklessly.
- ◇ Sleeping too little or too much.
- ◇ Withdrawing or feeling isolated.
- ◇ Showing rage or talking about seeking revenge.
- ◇ Displaying extreme mood swings.

Suicide is preventable. Help comes with hope.

**If you, a loved one or a friend needs help,
call Shiawassee Health & Wellness at 1-800-622-4514.**