

Warning Signs of Suicide



The American Foundation for Suicide Prevention recommends taking any comment or behavior seriously because it could indicate the individual is thinking about suicide. It's a myth that talking to someone about their suicide comment would encourage them to think more about it. Rather, YOU SHOULD talk with the individual to show you care, are concerned for their safety and, want to help. Furthermore, it shouldn't be assumed that the individual thinking about suicide is doing so for attention. These sorts of comments and behaviors are warning signs of emotional stress and must be taken seriously. **Please take note of these additional warning signs and risk factors:**

Warning Signs:

- Feelings of hopelessness or helplessness
- Depression
- Ideation (thinking and wishing about suicide)
- Sudden happiness or calmness, indicating a possible decision to follow through
- Making arrangements, such as getting one's affairs in order
- Giving away possessions
- Engaging in reckless behavior
- Substance use or abuse
- Withdrawal from family, friends, work, school, or other important activities
- Poor concentration or dramatic changes in mood
- Changes in eating or sleeping patterns

Risk Factors:

- Previous suicide attempts
- Psychiatric disorders (major depression, bipolar disorder or other disorders involving depression)
- Death of a friend or family member
- Breakup of an important relationship
- Loss of job
- Alcohol or other substance use or abuse
- Physical or sexual abuse
- Unwillingness to seek help for their changes in behavior

If it's a crisis situation, stay with the individual until they get the help they need. Call the Suicide and Crisis Hotline at 988, or call 911.

The topic of suicide can be difficult to talk about. Remember your Best Care EAP benefits. Our licensed counselors are compassionate, caring and ready to help in any way they can. Visits can be in-person or via telehealth and are always confidential. To request an appointment, please fill out our [counseling registration form](#). If you have any issues with the form, please call our office and we'll be glad to help: (402) 354-8000 or (800) 801-4182.