



Warning Signs of Suicide

The American Foundation for Suicide Prevention recommends taking any comment or behavior seriously that could indicate someone is thinking about suicide. Over 300,000 people die by suicide each year. It was once thought that talking to someone about his/her suicide comment or behavior would somehow encourage them to think more about suicide. This is not true. Suicide comments or threats are also not to be considered as just attention-getting behavior. These comments and behaviors are warning signs of an individual experiencing emotional distress.

It is important to talk with the individual about your concerns for their safety. You are giving them the message that you care and your discussion with them can help determine what assistance they may need. Stay with the individual until they obtain the assistance they need. **Call the Suicide and Crisis Hotline at 988 or 911 if emergency assistance is needed.**

Warning Signs:

- Feelings of hopelessness or helplessness; depression
- Intense criticism of self or anger at self
- Ideation (thinking, talking or wishing about suicide)
- Sudden happiness or calmness, indicating a possible decision to commit
- Making arrangements, such as getting one's affairs in order
- Giving away possessions or discussion of funeral arrangements and inheritance of possessions
- Recklessness (high risk-taking behavior)
- Substance use or abuse (increased risk of impulsive behavior)
- Withdrawal from family, friends, work, school, or other important activities
- Poor concentration or dramatic changes in mood
- Changes in eating or sleeping patterns or other routine behaviors

Risk Factors:

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

Call 402-354-8000 or 800-801-4182 to speak with a Best Care professional counselor, or visit our website at www.BestCareEAP.org for more information and resources.



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