

# Suicide WARNING SIGNS

**MAKING  
SUICIDE**  
threats

**NEGATIVE  
VIEW  
of SELF**



A sense of  
**HOPELESSNESS**  
OR  
**NO HOPE**  
for the  
**FUTURE**



**ISOLATION**  
or  
**FEELING  
ALONE**



**AGGRESSIVENESS  
and  
IRRITABILITY**

**SUBSTANCE**  
abuse

**GIVING**  
things **AWAY**

**Possessing  
LETHAL  
MEANS**



Making **funeral**  
ARRANGEMENTS

**FEELING LIKE A  
BURDEN**  
to others

**ENGAGING**  
in "risky"  
**BEHAVIORS**

**SELF-  
HARM**  
like  
**CUTTING**  
behaviours



**FREQUENTLY  
TALKING**  
about  
**DEATH**



**DRASTIC**  
changes in  
**MOOD**  
and  
**BEHAVIOUR**

