

BE AWARE OF THE WARNING SIGNS

Understanding & Helping The Suicidal Person

From The American Association of Suicidology

There is no typical suicide victim. It happens to young and old, rich and poor. Fortunately there are some common warning signs which, when acted upon, can save lives. Here are some signs to look for.

A person might be suicidal if he or she:

- *Talks about committing suicide*
- *Has trouble eating or sleeping*
- *Experiences drastic changes in behavior*
- *Withdraws from friends and/or social activities*
- *Loses interest in hobbies, work, school, etc.*
- *Prepares for death by making out a will and final arrangements*
- *Gives away prized possessions*
- *Has attempted suicide before*
- *Takes unnecessary risks*
- *Has had recent severe losses*
- *Is preoccupied with death and dying*
- *Loses interest in their personal appearance*
- *Increases their use of alcohol or drugs*