

Be Aware of Sudden Changes in Behavior

- ❑ Hopelessness
- ❑ Rage, anger, seeking revenge
- ❑ Feeling trapped like there is no way out.
- ❑ Increasing alcohol or drug abuse.
- ❑ Withdrawing from family, friends, society.
- ❑ Anxiety, agitation, unable to sleep or sleeping all the time.
- ❑ Dramatic changes in mood.
- ❑ No reason for living, no sense of purpose in life.

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- ❑ Expressing that their problems will be over soon.
- ❑ Giving away valued possessions
- ❑ Hoarding or checking medication.
- ❑ Command Hallucinations
- ❑ Episodes of tearfulness
- ❑ Hiding or making dangerous objects, obsess with guns.

(Source: Recognizing the Warning Signs of Suicide, NARH Nurse Education, Brenda Gilliam, RN)