

## Warning Signs to Look For

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- ❑ Always talking or thinking about death.
- ❑ Clinical depression– deep sadness, loss of interest, trouble sleeping and eating---that gets worse.
- ❑ Having a “death wish” tempting fate by taking risks.
- ❑ Losing interest in things one used to care about (family, friends, work, hobbies).
- ❑ Making comments about being hopeless, helpless, or worthless.
- ❑ Putting affairs in order, tying up loose ends, changing a will.



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- ❑ Saying things like “it would be better if I wasn’t here” or “I want out”
- ❑ Sudden unexpected switch from being very sad to being very calm or appearing to be happy
- ❑ Talking about suicide or killing one’s self
- ❑ Visiting or calling people to say goodbye



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