

Signs that Could Indicate Suicidal Thoughts

- **pulling away from friends and family**
- **anxiousness, irritation**
- **talking about death or researching ways to kill oneself**
- **statements of not belonging, better off dead**
- **loss of interest of favorite activities**
- **negative self talk, putting self down**
- **giving up on self, feeling hopeless**
- **use of or increase use of alcohol or substances**
- **risky behavior**
- **past attempts - highest risk of suicide completion is by those who have prior attempts**
- **hopelessness**
- **sudden mood changes *** an improved mood after being "down" may increase the ability to carry out suicide**