

Do you know the **FACTS**?

Suicide Warning Signs

FEELINGS: HELPLESSNESS; WORTHLESSNESS;
FEAR OF HURTING ONESELF OR OTHERS

ACTION: DRUG OR ALCOHOL ABUSE; TALKING
OR WRITING ABOUT DEATH/DESTRUCTION;
RECKLESSNESS

CHANGES: CHANGES IN PERSONALITY,
BEHAVIOR, LOSS OF INTEREST IN FRIENDS AND
HOBBIES ONCE ENJOYED

THREATS: LIKE "I WON'T BE AROUND MUCH
LONGER"; PLANS LIKE GIVING AWAY
FAVORITE THINGS; SUICIDE ATTEMPTS LIKE
OVERDOSING, WRIST CUTTING

SITUATIONS: GETTING INTO TROUBLE AT SCHOOL,
AT HOME, WITH THE LAW; RECENT LOSS THROUGH
DEATH, DIVORCE; RELATIONSHIP BREAK-UP; LOSING
AN OPPORTUNITY, DREAM

