

Suicide

Signs and Symptoms

More often than not, individuals who are contemplating suicide will give some warning of their intentions to a friend or family member. All suicide threats, gestures, and attempts must be taken seriously. Here are some warning signs that a person may be at risk for suicide:

- Hopelessness
- Rage, uncontrolled anger, or seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped or like there's no way out
- Increased alcohol or drug use
- Withdrawing from friends, family, and society
- Anxiety, agitation, unable to sleep or sleeping all the time
- Dramatic mood changes
- Expressing no reason for living or no sense of purpose in life
- Prior suicide attempts