

SUICIDE WARNING SIGNS AND HOW TO RESPOND



NEED HELP?

Call Common Ground at 800-231-1127
or live chat at commongroundhelps.org

Warning signs indicate someone may be in danger of suicide, either immediately or in the near future. Take immediate action using one of the three steps below to help guide you through.

Call 911 If

- Suicide attempt has been made
- A weapon is present
- The person is out of control

Call Common Ground If

- Someone makes a threat to kill themselves
- You notice someone is looking for a way to carry out a suicide plan
- Someone talks about death or suicide in text messages, on social media sites or in personal poems, music or art

Get Professional Help If You Notice These Behaviors

- Hopelessness
- Rage, anger, seeking revenge
- Recklessness or risky behavior, without thinking
- Dramatic mood changes
- Increased alcohol or drug use
- Withdrawal from friends, family or society
- Anxiety, agitation, inability to sleep or constant sleep
- Expressions of feeling trapped, like there is no way out
- No reason for living
- No sense of purpose in life
- Signs of depression

For more information please visit <http://bit.ly/1BJKFda>