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# KNOW THE SIGNS

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[suicideispreventable.org](http://suicideispreventable.org)



**KNOW  
THE SIGNS**

Funded by courses through the Mental Health Services Act (Prop 63)






## Are you concerned for someone else?

Pain isn't always obvious. Reach out to someone you are concerned about if you observe one or more of these warning signs, especially if the behavior is new, has increased or seems related to a painful event, loss, or change.



### Warning signs to look for:

- Talking about wanting to die or suicide
  - Looking for a way to kill themselves
  - Feeling hopeless, desperate, trapped
  - Giving away possessions
  - Putting affairs in order
  - Reckless behavior
  - Uncontrolled anger
  - Increased drug or alcohol use
  - Withdrawal
  - Anxiety or agitation
  - Changes in sleep
  - Sudden mood changes
  - No sense of purpose
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If you are concerned about someone, trust your instincts.

Reach out and ask:

**“Are you thinking about suicide?”**

If you think the person is suicidal, take it seriously. Don't leave them alone. Call the National Suicide Prevention Lifeline at **800-273-8255 (TALK)** at any time for assistance or call **9-1-1** for life-threatening emergencies.



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