

Suicide Warning Signs: Act Now

- Depression (prolonged)
- Feeling sad
- Feeling angry
- Pessimism
- Personality change(s)
- Self-criticism
- Talk of death
- Making a will
- Plan to hurt self
- Plan to hurt others
- Withdrawal: family
- Withdrawal: friends
- Neglect of appearance
- Desperation
- Anxiety
- Panic
- Agitation
- Rage
- Not self-supporting
- Feels shame
- Difficulties at school
- Difficulties in sports
- Difficulties at work
- Change in sleep patterns
- Change in eating patterns
- Setback viewed as a failure/sign of low worth
- Rejecting compliments
- Physical symptoms of emotional pain
- Feeling hopeless, “beyond help”
- Giving away possessions
- Increased drug/alcohol abuse
- Sudden improvement after lengthy sad withdrawal
- Lacks sense of purpose
- Reckless behavior/driving
- Sense of being trapped
- Uncontrolled anger
- Seeking/planning revenge
- Dramatic mood changes
- Believe they are a burden to others/society
- Suicidal thoughts (ideation)

When several warning signs are present it is time to act. Trust your read of the situation and save a life.

This page is excerpted from Dr. Joy's book, *Prevent Suicide: The Smart Way*
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JoyWalk.org
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Suicide Prevention Help

If you are thinking you would be better off dead or that your loved ones would be better off if you were, call the toll-free 24-hour hotline of the **National Suicide Prevention Lifeline** now at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889) to talk with a trained counselor. Or, **Call your doctor Dial 911** (or the local emergency number) or **go to an emergency room** **Veterans and military crisis line 1-800-273-8255 press 1** **Crisis text line 741-741**

Suicide Risk Factors

**Risk factors do not mean suicide is likely—
 They increase the risk but most people never attempt suicide.**

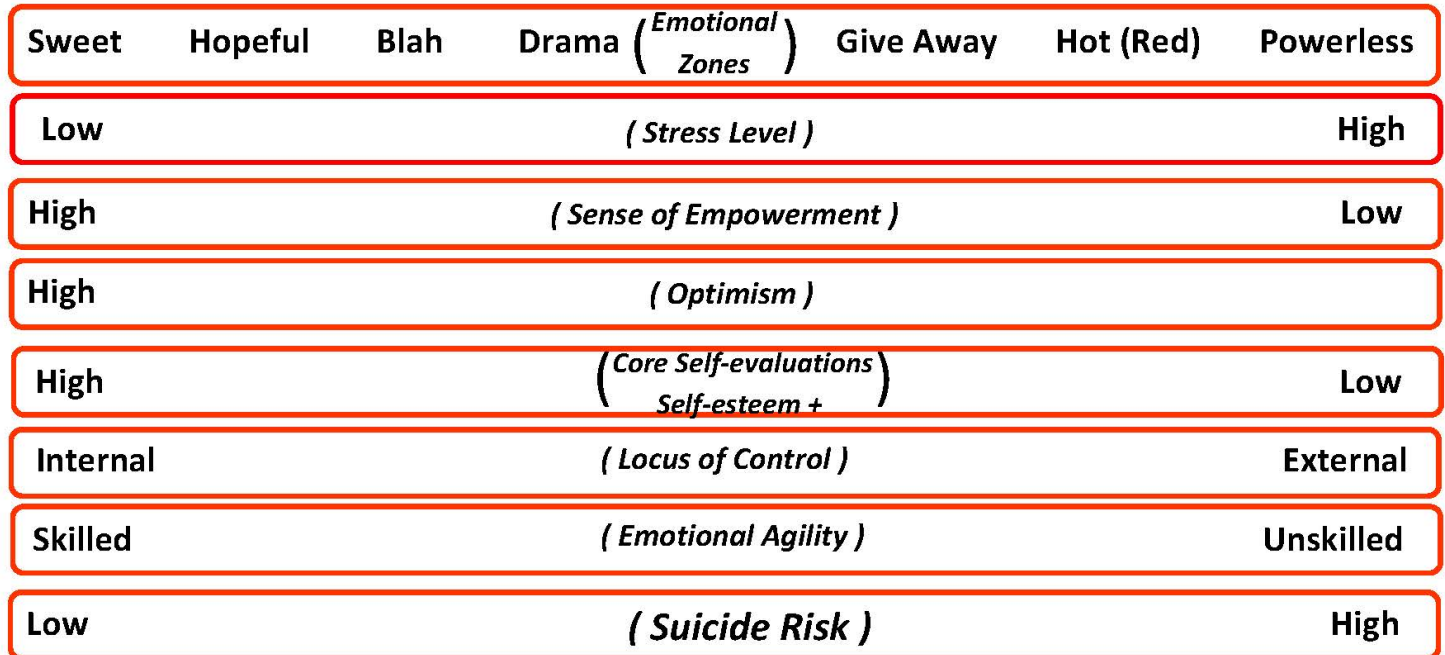
- Prior suicide attempt(s)
- Suicide plan
- Homicidal ideation
- Preoccupation with death
- Mental disorder
- Low self-esteem
- Stress related to LGBTQ
- Mood disorders
- Impulsiveness
- Aggressive tendencies
- Social isolation
- Alienation from family/friends
- New residence during last year
- Lack of social support network
- Family changes
- Relationship
- Conflict
- Bullied or Bully
- Personality disorder
- Schizophrenia
- Anxiety
- Psychosis
- Alcohol or drug abuse
- Physical illness with loss of activities
- Depression (especially longer than 2 weeks)
- Feels hopelessness
- Learning disabilities
- Self-harm behaviors
- Exposure to violence
- History of childhood abuse
- New school during last year
- Suicide of close friend or family member
- Loss of status
- Recent disappointment or rejection
- Feels mental/behavioral health stigmatizing
- Feeling unloved and unlovable
- Cultural acceptance of suicide
- Irresponsible portrayal of suicide by media
- Self-inflicted high demands
- Abused (especially before age 10)
- Multiple body piercings
- Raised in violent home
- High ACE score and low resilience
- Suicide clusters
- Traumatic experience
- Smokes cigarettes
- Abused as a teenager
- Multiple tattoos
- Rx for mental disorder
- Absentee parent
- Dysfunctional environment
- Perfectionism
- Feeling disconnected: religious/spiritual
- Feeling lost; without direction

Suicide Prevention is Possible


Relationships, Risk Factors, Warning Signs



Happiness 1st Institute,
a Thrive More Now Company



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Imagine the arrow to the right is a lever you can slide back and forth.  While these factors don't move 100% in lockstep, it's close enough to being in tandem to use this diagram to explain the relationships.

<u>Sweet Zone</u>	<u>Hopeful Zone</u>	<u>Blah Zone</u>	<u>Drama Zone</u> ↓ ↑ ↓ ↑ ↓	<u>Give Away Zone</u>	<u>Red (Hot) Zone</u>	<u>Powerless Zone</u>
Joy	Hope	Contentment	Ornery	Blame	Anger	Hatred
Appreciation	Gratitude	Boredom	Irritation	Resentful	Revenge	Powerless
Enthusiasm		Pessimism	Frustration	Doubt		Jealousy
Happiness		Apathy	Impatience	Guilt		Grief
Optimism		Uninspired	Impatient	Worry		Fear
Belief			Disappointment	Discouraged		Despair
Freedom			Overwhelmed			Hopeless
Love						Lethargic

The more protective factors against suicide (or depression) an individual has, the more stressors he or she can handle without tipping the scale. We have little control over the risk factors and what control we have is expensive. Increasing protective factors is far more cost effective and provides other benefits to individuals and society.

