

Recognize the Warning Signs for Suicide to Save Lives!

National 2025



Sometimes it can be difficult to tell warning signs from “normal” behavior, especially in youth and young adults. Ask yourself, *Is the behavior I am seeing very different for this particular person?* Also, recognize that sometimes those who are depressed can appear angry, irritable, and/or hostile in addition to withdrawn and quiet.

Take action if you see any of the following warning signs:

- Talking about or threatening to hurt or kill oneself
- Seeking firearms, drugs, or other lethal means for killing oneself
- Talking or writing about death, dying, or suicide
- Direct Statements or Less Direct Statements of Suicidal Intent: (Examples: “I’m just going to end it all” or “Everything would be easier if I wasn’t around.”)
- Feeling hopeless
- Feeling rage or uncontrollable anger or seeking revenge
- Feeling trapped - like there's no way out
- Dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life
- Acting reckless or engaging in risky activities
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Changes in attendance or performance at work or school
- Feeling anxious or agitated
- Being unable to sleep, or sleeping all the time

For a more complete list of warning signs and more information on suicide prevention, please consult the Connect website at www.TheConnectProgram.org.

If you see warning signs and/or are otherwise worried about this person:

Connect with Your Loved One, Connect Them to Help

- 1) Ask directly about their suicidal feelings. Talking about suicide is the first step to preventing suicide!
- 2) Let them know you care.
- 3) Keep them away from anything that may cause harm such as guns, pills, ropes, knives, vehicles.
- 4) Stay with them (eyes on at all times) and get a professional involved.
- 5) Offer a message of hope - Let them know you will assist them in getting help.
- 6) Connect them with help:

- **988 Suicide & Crisis Lifeline:** call or text 988 for 24/7, free and confidential support (press “1” for veterans) - chat option is also available at 988lifeline.org.
- **Crisis Text Line: 741741**
- Your local community mental health center or emergency department
- **LGBTQI+** people under 25 can access trained crisis counselors are available 24/7 at **1-866-488-7386**, via chat at TheTrevorProject.org/Get-Help, or by texting **START** to **678678**.
- For an emergency, **dial 911**.

