

## **TABLE 6.9**    The Warning Signs of Suicide

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- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated, or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

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Source: “Suicide Warning Signs,” from Office of the U.S. Surgeon General & National Action Alliance for Suicide Prevention (2012).