



**TABLE 9.3 Behavioral Suicide Warning Signs**

Behavior	Manifestations
Quiet, withdrawn, few friends	Often not recognized because the individual is not noticed and makes no obvious trouble.
Changes in behavior	Personality changes—e.g., from friendliness to withdrawal, lack of communication, and sad and expressionless appearance, or from a quiet demeanor to acting out and troublemaking.
Increased failure or role strain	Often pervasive in school, work, home, friends, and love relationships, but often manifested clearly in school pressures for young people.
Recent family changes	Illness, job loss, increased consumption of alcohol, poor health, etc.
Recent loss of a family member	Death, divorce, separation, or someone leaving home.
Feelings of despair and hopelessness*	Shows itself in many forms, from changes in posture and behavior to verbal expression of such feelings.
Symptomatic acts	Taking unnecessary risks, becoming involved in drinking and drug abuse, becoming inappropriately aggressive or submissive, giving away possessions.
Communication*	Such statements as “Life is not worth living,” “I’m finished,” “Might as well be dead,” or “I wish I were dead.”
Presence of a plan*	Storing up medication, buying a gun.

\*To be viewed with heightened concern.

SOURCE: Adapted from the Crisis Center, *Ten Behavioral Suicide Warning Signs* (Birmingham, AL: n.d.).