

SUICIDE WARNING SIGNS

Warning signs that someone may be at immediate risk for attempting suicide include:

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often



CAPS

Committee for the Awareness
& Prevention of Suicide

SUICIDE WARNING SIGNS

Other serious warning signs that someone may be at risk for attempting suicide:

Talking about wanting to die or wanting to kill themselves

Talking about feeling empty or hopeless or having no reason to live

Talking about feeling trapped or feeling that there are no solutions

Feeling unbearable emotional or physical pain

Talking about being a burden to others

Withdrawing from family and friends

Saying goodbye to friends and family

Putting affairs in order, such as making a will

Taking great risks that could lead to death, such as driving extremely fast



CAPS

Committee for the Awareness
& Prevention of Suicide