Suicide Warning

FEELINGS
- Rage
- Depression
- Loss of interest
- Irritability & Aggravation
- Mood swings
- Isolation
- Anxiety

BEHAVIOUR
- Alcohol & or drug misuse and abuse
- Risk taking behaviour
- Self-harm
  - cutting
  - burning
  - scratching
- Isolation withdrawal
  - Not doing usual activities

TALK
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Talking about wanting to die or to kill oneself
- Saying goodbye to people
- Sleep problems
  - sleeping too much
  - unable to sleep
- Anger aggression
- Looking for a way to kill themselves, such as searching online for means or materials.

There are two types of suicidal statements or thoughts. An active statement might be something like, "I'm going to kill myself." A passive statement might include, "I wish I could go to sleep and not wake up," or, "I wouldn't mind if I got hit by a bus." People often ignore passive statements, but they should be taken just as seriously.