



Suicide Warning Signs

Suicide is complicated and tragic but it is often preventable. Knowing the warning signs for suicide and how to get help can help save lives. The behaviors listed below may be signs that someone is thinking about suicide.

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Making a plan or looking for a way to kill themselves, such as searching online, stockpiling pills, or buying a gun
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain (emotional pain or physical pain)
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and/or sleeping habits
- Showing rage or talking about seeking revenge
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, making a will

Where can I get help?

- Call the **National Suicide Prevention Lifeline at 1-800-273-TALK (8255)**. Trained crisis workers are available to talk 24 hours a day, 7 days a week. All calls are confidential. <https://suicidepreventionlifeline.org/>
- Crisis Text Line: Text Hello to 741741. <https://www.crisistextline.org/hello/>
- Washtenaw County Community Mental Health 24-hour hotline: 734-544-3050 <https://www.washtenaw.org/839/Community-Mental-Health>
- UM Health System Psychiatric Emergency Services hotline: 734-936-5900
- Ozone House 24-hour hotline: 734-662-2222. Text line available Monday-Thursday 10-7 and Friday 10-4. Text “Ozone” to 734-662-2222. Chat at <http://ozonehouse.org/contact-us/>
- Veteran's Crisis Line: Veterans and their loved ones can call 800-273-8255 and Press 1 for help
- Contact social media outlets directly if you are concerned about a friend’s social media updates.

If you think someone is in immediate danger, do not leave him or her alone—
stay there and call 911.

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Adapted from: NIMH. Suicide Prevention. Access at
<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

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