

Remember the Warning Signs

People who fit the **SAD PERSONS** profile are at a greater risk of suicide.

- **S**ex (male)
- **A**ge (15-34)
- **D**epression
- **P**revious exposure to suicide
- **E**thanol (the medical name for alcohol) or drug use
- **R**ational-thinking loss
- **S**ocial support system lacking
- **O**rganized plan
- **N**o spouse or significant other
- **S**ickness

IS PATH WARM? A person at risk of suicide most often will exhibit these warning signs:

- **I**deation – Threatened or communicated
- **S**ubstance Abuse – Excessive or increased
- **P**urposeless – No reason for living
- **A**nxiety – Agitation/insomnia
- **T**rapped – Feeling there is no way out
- **H**opelessness
- **W**ithdrawing – From friends, family and society
- **A**nger (uncontrolled) – Rage, seeking revenge
- **R**ecklessness – Risky acts, unthinking
- **M**ood changes (dramatic)



QuickAlert

If you experience any of these warning signs, contact a mental health professional or call the National Suicide Prevention Lifeline: **800-273-TALK (8255)**