

Suicide Warning Signs

Suicide warning signs may be **obvious**, **hidden** or **mixed**.

1) Obvious warning signs are those that are clear to others.

- Direct statements about suicidal intent: "I am going to kill myself"; "I'd be better off dead"
- Making preparations for death in the very near future (e.g., buying new clothes to be buried in)
- Having weapons around; drinking excessively
- Greater levels of obvious risk-taking that are seen by others and cause concern

2) Hidden warning signs are not so obvious to other people.

- Extended loneliness caused by living alone
- Withdrawal from friends and family
- Excessive spending without the financial ability to cover the expenses
- Giving away personal possessions
- Feeling rejected or as if no one cares
- Changes in personality
- Thinking about death frequently
- Making a will
- Buying a weapon

3) Mixed warning signs are those that can be either obvious or hidden.

- Loss of clear thinking
- Rigid thinking, when a person is unable to problem-solve or find alternative solutions to a problem
- Frustrations with everyday living
- Elevated anxious feelings
- Feeling out of place, sad, upset or confused