

## Suicide Warning Signs

### What to watch for - and what to do about it

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#### Warning signs of suicide

These signs may mean that someone is at risk for suicide. Risk is greater if a behavior is new or has recently increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotion pain or distress
- Showing worrisome behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
  - Withdrawal from or change in social connections or situations
  - Changes in sleep (increased or decreased)
  - Anger or hostility that seems out of character or out of context
  - Recent increased agitation or irritability

#### What to do about it – “SAG” Show, Ask, Get help

- Show you care- Take any threat or talk about suicide seriously. Start by telling the person you are concerned. *“I am worried about you because \_\_\_\_\_; I want to help.”*
- Ask the question - Don’t be afraid to ask if he or she is thinking about suicide or has a plan or method in mind. *“Are you thinking about suicide?”*
- Get help - Resist the temptation to ‘argue them out of it.’ Instead, seek professional help, and do not leave them alone. *“You are not alone, let me help you find help.”*

#### In an acute Crisis

- Call 911
- Do not leave the person alone
- Call the Grays Harbor Crisis Clinic – 360-532-HELP (4357)
- Take the person to the emergency room
- Call the National Suicide Prevention Lifeline 1- 800-273-TALK (8255), for Spanish speakers, 1-888-628-9454.

