

SUICIDE AWARENESS & PREVENTION

Know the *Signs* of Suicide

When someone is considering suicide, there are often noticeable changes in behavior—sometimes subtle, sometimes dramatic. These changes can become more concerning when they are tied to a recent loss, traumatic event, or major life change.

Recognizing the warning signs can help you support someone in need. Most people who die by suicide show one or more of these signs, either in what they say or do:

Common Warning Signs of Suicide

- Talking about death, dying, or suicide—directly or indirectly
- Expressing feelings of hopelessness
- Giving away personal or meaningful belongings
- Engaging in reckless or self-destructive behaviors
- Increasing use of alcohol or drugs
- Major changes in sleep patterns—too much or too little
- Changes in appetite or significant weight loss/gain
- Neglecting personal hygiene or basic self-care
- Disregarding medical advice or treatment
- Isolating from friends, family, and coworkers
- Intense mood swings, irritability, or increased anger
- Increased agitation or anxiety
- A history of previous suicide attempts
- Expressions of feeling trapped or unbearable emotional pain
- Difficulty concentrating, making decisions, or thinking clearly
- Sudden calmness or improvement in mood after distress

If you're concerned, don't wait—take action. If someone is in immediate crisis, confidential support is available 24/7 through the **Suicide & Crisis Lifeline - 988**. You can also reach out to the EAP anytime for guidance.