

# Warning Signs

**The first step is knowing what to look for.**

Here are some warning signs that someone might be contemplating suicide:

- Disturbed sleep patterns
- Anxiety, agitation
- Extremely self-hating thoughts
- Feeling like they don't belong
- Personal hopelessness
- Irritability and rage
- Feeling trapped
- Feeling that they are a burden to others
- Loss of interest in favorite activities  
"Nothing matters"
- Experiencing unbearable pain
- Preparing for suicide



# HOW YOU CAN HELP PREVENT SUICIDE

**PRODUCED BY  
THE GLENDON ASSOCIATION  
& PSYCHALIVE.ORG**

**Websites:**

[www.glendon.org](http://www.glendon.org)  
[www.psychalive.org](http://www.psychalive.org)

**Phone:**

1-800-663-5281

**Email:**

[glendon@glendon.org](mailto:glendon@glendon.org)



Take a minute,  
change a life

# What to do:

## 1) Let them know you are concerned

- Tell them you are concerned and that you are there to help
- Listen and stay engaged

## 2) Ask if they are thinking about suicide

- Talking about suicide will not make them take action
- Asking shows that you care and allows them to talk about their feelings. Identify whether or not the person is currently thinking about suicide.
- Be direct ask:
  - How are you coping with what's been happening in your life?
  - Have you thought about suicide?
  - Have you thought about how you would do it?

## 3) Keep them safe

- Stay with them until they are safe

## 4) Take action to get help now

- Tell them there are other options than suicide
- Don't assume they will get better or that they will seek help on their own

## 5) Help them connect with professional help

- Make an appointment with a mental health professional. Offer to take them.
- If they are in immediate danger call 911 or take them to the emergency room at the nearest hospital
- Call the National Suicide Prevention Lifeline 1-800-273 TALK (8255) available 24/7. They can support you and talk to the suicidal person
- Stay connected with them

# Helpful Resources

## National Suicide Prevention Lifeline

1-800-273-TALK (8255)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Contact them anytime if you're worried about someone. They will help you or the suicidal person. (Call or Chat Online)

## Crisis Text Line

Text CONNECT to 741741



## Trevor Project

[www.thetrevorproject.org](http://www.thetrevorproject.org) (LGBTQ)

## Veterans Crisis Line

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

1-800-273 TALK (8255) PRESS 1

## Helpful Apps:

- My3 Safety Plan
- Operation Reach Out (Veterans & Military Families)
- Virtual Hope Box



# Do's and Don'ts of Suicide Prevention

When you are assisting someone you feel may be suicidal, there are certain things you should do & certain things you should not do.

## DOs:

**Be aware.** Learn the warning signs.

**Get involved.** Make yourself available.

**Show interest and support.**

**Be direct.** Ask if she or he is thinking about suicide.

**Be willing to listen.** Allow expressions of feelings. Accept the feelings.

**Be non-judgmental.** Don't debate whether suicide is right or wrong, or feelings are good or bad.

**Offer empathy,** not sympathy.

**Offer hope** that alternatives are available and help them take action.

## DON'Ts:

**Don't ask why.** This encourages defensiveness.

**Don't act shocked.** This will put distance between you.

**Don't lecture** on the value of life.

**Don't dare** him or her to do it.

**Don't be sworn to secrecy.** Seek support.