



## **Ask the Question:** Recognizing Suicide Warning Signs in Yourself



### **If you are thinking about suicide, there is help.**

Certain thoughts, feelings and actions can be signals that let you know you may need help. The best thing you can do is watch for signs that you may be at risk.

**Call the Suicide & Crisis Lifeline at 988 or go to the nearest emergency room if you're having immediate thoughts of suicide.**

**You can also call 988 any time of day or night if you're worried about yourself and the thoughts you're having – even if you're not thinking about suicide.**

### **Warning signs for suicide**

Certain thoughts and actions can be signals that let you know you may need help. Warning signs include:

- Thinking often about taking your life.
- Planning how you may attempt it.
- Talking or writing about dying from suicide.
- Feeling that death is the only solution to your problems.
- Feeling a pressing need to make out your will or arrange your funeral.
- Giving away things you own.
- Taking part in risky behaviors, such as having sex with someone you don't know, or drinking and driving.
- Developing a plan of how you might attempt suicide.

Sources: Adapted in part from Krames, The StayWell Company, LLC.

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