

7 Signs Someone May Be Suicidal

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If you have a loved one or friend that you think may be suicidal it is imperative to recognize the warning signs of suicide. While each person is an individual and will exhibit signs of depression and suicidal thought in their own way, there are several warning signs that you can watch for that may indicate they are in crisis. If you believe someone is contemplating suicide please get help immediately. There are a number of suicide prevention web sites and hotlines available to help those in need which can be accessed at the bottom of this article.

1. Talking about suicide or death. - Do not take statements about wanting to die or "ending it all" lightly. Seek help immediately. Even if they are not seriously considering suicide, statements like these indicate that a person is in need of help and is reaching out.

2. Withdrawing from friends and family. - Loss of interest in friends and family can be a sign of depression or suicidal thought. A person contemplating suicide may withdraw to spend more and more time alone. They may become despondent or angry when loved ones try to intervene.

3. Sudden behavioral changes. - A sudden and marked change in behavior may indicate that a person is suffering from depression, mental illness or suicidal thought. This can include a change in attitude, thinking, appearance or interpersonal relationships. In some cases the changes can be gradual as well.

4. Wanting to "tie up loose ends" or give away belongings. - This can include calling old friends and relatives to say goodbye. Giving away personal belongings or pets to others or wanting to secure care for children is a serious warning sign that a person may be considering suicide very soon.

5. Reckless behavior. - Engaging in behavior such as heavy alcohol and drug use, driving recklessly, starting fights or taking excessive risks.

6. Withdrawing from regular activities. - Suddenly quitting or losing interest in regular and extracurricular activities such as school, work, sports teams, clubs, church, volunteer duties, or hobbies.

7. Sudden change in sleeping patterns or eating habits. - Watch for sudden weight fluctuations or a marked increase or decrease in the amount of sleep a person is getting.

If you or someone you love is thinking of committing suicide please seek immediate professional help. There are many caring professionals and trained peers that are available to listen and talk about feelings of loneliness, depression or suicide.

9 Signs someone might be suicidal

1. **Talking About Dying** -- any mention of dying, disappearing, jumping, shooting oneself, or other types of self harm
2. **Recent Loss** -- through death, divorce, separation, broken relationship, self-confidence, self-esteem, loss of interest in friends, hobbies, activities previously enjoyed
3. **Change in Personality** -- sad, withdrawn, irritable, anxious, tired, indecisive, apathetic
4. **Change in Behavior** -- can't concentrate on school, work, routine tasks
5. **Change in Sleep Patterns** -- insomnia, often with early waking or oversleeping, nightmares
6. **Change in Eating Habits** -- loss of appetite and weight, or overeating
7. **Fear of losing control** - acting erratically, harming self or others
8. **Low self esteem** -- feeling worthless, shame, overwhelming guilt, self-hatred, "everyone would be better off without me"
9. **No hope for the future** -- believing things will never get better; that nothing will ever change

The Teen Screen® Program is a community-based mental health screening program for young people that accurately identifies youth who are suffering from mental illness or are at risk of suicide. The program's primary objective is to help young people and their parents through the early identification of mental health problems, such as depression. Parents of youth found to be at possible risk are notified and helped with identifying and connecting to local mental health services where they can obtain further evaluation. Most importantly, mental health screening detect youth with depression and other emotional disorders before they fall behind in school and end up in serious trouble, or worst of all end their lives.

Stop a Suicide Today! Is a school-based suicide prevention program that has experienced success with a documented reduction in self-reported suicide attempts. Developed by Harvard psychiatrist Douglas Jacobs, MD, Stop a Suicide Today! Teaches people how to recognize the signs of suicide in family members, friends and co-workers, and empowers people to make a difference in the lives of their loved ones. It emphasizes the relationship between suicide and mental illness and the notion that a key step in reducing suicide is to get those in need into mental health treatment.

National Suicide Prevention Lifeline 1-800-273-TALK or visit their [Web site](#).

The National Suicide Prevention Lifeline's mission is to provide immediate assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention and mental health service provider through a toll-free telephone number: 1-800-273-TALK (8255). It is the only national suicide prevention and intervention telephone resource funded by the Federal Government.