

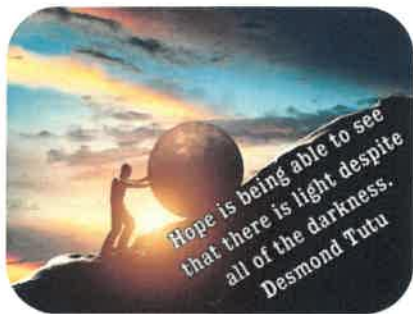
WARNING SIGNS OF SUICIDAL THOUGHTS

How would I know someone is thinking about suicide?

Verbal

A person talks about:

- Wanting to kill themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain



Behavioral

These may signal risk, especially if related to a painful event, loss, or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

Mood

People who are considering suicide often display one or more of the following:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement



Other Risk Factors

Mental health conditions, such as:

- Depression and anxiety
- Substance abuse
- Bipolar disorder
- Schizophrenia
- Serious physical health conditions, including chronic pain
- Traumatic brain injury

Historical factors that can lead to increased risk:

- Previous suicide attempts
- Family history of suicide
- Child abuse, neglect, or trauma

Environmental risk factors:

- Access to lethal means including firearms and drugs
- Prolonged stress, such as harassment, bullying, relationship problems or unemployment
- Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

To get help: Call your local mobile crisis team 24/7 at **1-877-380-3621**. You can also call the National Suicide Prevention Line at **1-800-273-8255** or reach out to the Crisis Text Line by texting **"MN" to 741741**. All of these options will connect you with trained crisis counselors.

For more information please visit: www.afsp.org or www.nami.org. You can also contact Brina Ellison, Youth Mobile Crisis and Crisis Text Line Coordinator, at brina@stellher.com.