

LEARN THE WARNING SIGNS OF SUICIDE



People who take their lives often show one or more signs by what they do or say.

What They Say:

- Want to die or kill themselves
- Feel hopeless or have no purpose
- Feel trapped and in unbearable pain
- Feel they are a burden to others

What They Show:

- Any drastic changes in mood
- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/ Shame
- Agitation/ Anger

What They Do:

- Withdraw from activities
- Recklessness/ Risky Behavior
- Isolate from family & friends
- Give things away
- Aggression
- Increase use of drugs or alcohol
- Search online for methods to end their lives
- Sleep too much or too little
- Visit or call people to say goodbye

Do not ignore the signs of suicide.
Call **988** for free, 24/7 and confidential support.
Dial **9-1-1** for immediate help.

zerosuicidepinellas.org