

suicideispreventable.org



1.800.273.8255

National Suicide  
Prevention Lifeline:

Pain Isn't Always Obvious

**KNOW**  
THE SIGNS

Suicide Is Preventable



Pain isn't always obvious. By recognizing the warning signs of suicide, knowing how to start a conversation and where to turn to for help, you have the power to make a difference—the power to save a life.

#### WARNING SIGNS TO LOOK FOR:

- Talking about wanting to die or suicide
- Feeling hopeless, desperate, trapped
- Giving away possessions
- Putting affairs in order
- Reckless behavior
- Anger
- Increased drug or alcohol use
- Withdrawal
- Anxiety or agitation
- Changes in sleep
- Sudden mood changes
- No sense of purpose

If you are concerned about someone, reach out and ask a direct question:

**“Are you thinking about suicide?”**

If you think the person is suicidal, take it seriously. Don't leave them alone. Call 1.800.273.8255.

Visit [suicideispreventable.org](http://suicideispreventable.org) to learn if someone you know might be at risk.