

WARNING SIGNS

of someone who may be at
RISK OF SUICIDE

- Abrupt change in personality
- **Giving away prized possessions**
- Previous suicide attempts
- **Increase in drug or alcohol use**
- Eating disturbance, either weight gain or loss
- **Sleep disturbance, either too much or too little**
- Inability to tolerate frustration
- **Withdrawal and rebelliousness**
- Isolating and choosing to spend time alone

- Decline in personal hygiene
- **Flat affect or depressed mood**
- Unusually long grief reaction (varies with different youth)
- **Overall sense of sadness and hopelessness**
- Flat affect or depressed mood
- **Unusually long grief reaction (varies with different youth)**
- Overall sense of sadness and hopelessness
- **Increase in hostility**
- Decrease in academic performance
- **Difficulty concentrating**
- Recent family or relational disruption

WHAT YOU CAN DO TO SAVE A LIFE

- If you see the signs, ask the person, "Are you suicidal?"
- **Offer hope, don't leave them alone, and tell others**
- Take the person to the nearest ER, call the police, take them to a health care professional or
- **Call the Montana Suicide Prevention Lifeline at 1-800-273-TALK (8255)**



www.prc.mt.gov/suicideprevention