Do you know the suicide warning signs?

- Withdrawing from social interaction
- Significant changes in hygiene or self-care
- Direct verbalizations of suicidality
- Mentioning feeling trapped, or hopeless
- Extreme changes in mood, such as rage, and violence or threats
- Indirect signs of suicidal thoughts, such as giving away belongings and shifting from being very sad to very calm
- Signs of impaired thinking, such as risky behaviors, disorganized speech or thoughts, and paranoia
- Dramatic decline in performance at work or school

If you’re seeing any of these signs in your friends or colleagues, it’s time to start a conversation and reach out for help.