

LEARN THE WARNING SIGNS OF

SUICIDE

ZeroSuicide
Partners of Pinellas

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

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 and friends
- Give things away
- Aggression
- Increase use of alcohol or drugs
- 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.



Developed on behalf of the Zero Suicide Partners of Pinellas

Sources: <https://afsp.org/risk-factors-protective-factors-and-warning-signs>
<https://save.org/about-suicide/warning-signs-risk-factors-protective-factors/>