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