

WARNING SIGNS OF SUICIDE

The following may be some of the signs that someone is thinking about suicide.

BEHAVIOR

- Increased use of alcohol or drugs
- Issues with sleep
- Acting recklessly
- Withdrawing from activities
- Isolating from family, friends, and coworkers
- Looking for a way to kill themselves
- Giving away possessions
- Missed or declining work/school performance

TALK

- Ending their lives
- Having no reason to live
- Feeling hopeless
- Being a burden to others
- Feeling stuck or trapped
- Expressing unbearable pain

MOOD

- Depressed
- Lack of emotion
- Rage
- Irritability
- Impulsivity
- Humiliation
- Anxiety
- Sudden, unexplained happiness

CRISIS RESOURCE

IF SOMEONE IS IN CRISIS OR HAS A SUICIDE PLAN,
TAKE IMMEDIATE ACTION

CALL
OR
TEXT

9888

SUICIDE & CRISIS
LIFELINE



HardHatCourage.com

CHECK AND CONNECT

Assume you are
the only one who
will reach out

CRISIS RESOURCE

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LIFELINE**



HardHatCourage.com

Talk to them in private,
and tell them you care

Listen to their story

Avoid debating the value
of life, minimizing their
problems or giving advice

Ask directly "Are you
thinking about suicide?"

Encourage them to
seek help - talk to a
doctor, counselor, or
someone they trust