

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](http://www.prc.mt.gov/suicideprevention)