Toolbox Talk: Suicide Warning Signs

What leads to suicide?

No one takes their life for a single reason. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

Know the Signs

Talk   +

If a person talks about:

Killing themselves

Feeling hopeless

Having no reason to live

Being a burden to others

Feeling trapped

Being in unbearable pain

Behavior   +

Behaviors that may signal risk, especially if related to a painful event, loss or change:

Increased use of alcohol or drugs

Looking for a way to end their lives, such as searching online for methods

Withdrawing from activities

Isolating from family and friends

Sleeping too much or too little

Saying goodbye to people

Giving away prized possessions

Aggression

Fatigue

Mood

People who are thinking about suicide may display one or more of the following moods:

Depression

Anxiety

Loss of interest

Irritability

Humiliation, shame

Agitation, anger

Relief or sudden improvement

Have an honest conversation

If you are worried about someone, assume you are the only one who will reach out.

- Talk to them in private, listen to their story, and let them know you care.

- Ask directly about suicide, calmly and without judgement.

- Show understanding and take their concerns seriously.

- Let them know their life matters to you.

If you or someone you know needs support now, use the following resources:

988 Suicide & Crisis Lifeline
Call or text 988 or chat 988lifeline.org
Veterans: Press 1

Crisis Text Line
Text TALK to 741741
Text with a trained counselor for free, 24/7

afsp.org/signs

American Foundation *for* Suicide Prevention

Tool Box Talk: Suicide, Addiction, Mental Health   Date:

Printed Name	Employee #	Company	Signature

One is Too Many
Stop. Think. Prevent.
stopthinkprevent.com