Warning Signs of Depression and Suicidal Behavior

• Talking about wanting to die or kill oneself
• Making statements about feeling hopeless, helpless, or worthless
• Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above
• Withdrawal from or changes in social connections/situations
• Recent increased agitation or irritability
• Changes in sleep (increased or decreased)
• Anger or hostility that seems out of character or out of context
• Prolonged depression followed by a sense of elation
• Preoccupation with death
• Looking for a way to kill oneself (such as searching online or buying a gun)
• Taking unnecessary risks or exhibiting self-destructive behavior
• Out of character behavior
• Increasing the use of alcohol or drugs
• A loss of interest in the things one cares about
• Making arrangements; setting one’s affairs in order
• Talking about feeling trapped; in unbearable pain; being a burden; feeling isolated
• Giving prized possessions away
• Verbal Cues:
  • “I wish I were dead”
  • “My family would be better off without me”
  • “Nobody needs me”