



## THE SAFETY SERVICES DEPARTMENT

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<http://www.usd259.org/safetyservices>



### 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"

