

## *Recognize the Warning Signs for Suicide to Save Lives!*

Sometimes it can be difficult to tell warning signs from “normal” behavior, especially in adolescents. Ask yourself, *Is the behavior I am seeing very different for this particular person?* Also, recognize that sometimes those who are depressed can appear angry, irritable, and/or hostile in addition to withdrawn and quiet.

Take action if you see any of the following warning signs:

- Talking about or threatening to hurt or kill oneself
- Seeking firearms, drugs, or other lethal means for killing oneself
- Talking or writing about death, dying, or suicide
- Direct Statements or Less Direct Statements of Suicidal Intent: (Examples: “I’m just going to end it all” or “Everything would be easier if I wasn’t around.”)
- Feeling hopeless
- Feeling rage or uncontrollable anger or seeking revenge
- Feeling trapped - like there's no way out
- Dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life
- Acting reckless or engaging in risky activities
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious or agitated
- Being unable to sleep, or sleeping all the time

*If you see warning signs and/or are otherwise worried that this person:*

***Connect with Your Loved One, Connect Them to Help***

- 1) Ask directly about their suicidal feelings. Talking about suicide is the first step to preventing suicide!
- 2) Let them know you care.
- 3) Keep them away from anything that may cause harm such as guns, pills, ropes, knives, vehicles
- 3) Stay with them and get a professional involved.
- 4) Offer a message of hope - Let them know you will assist them in getting help.
- 5) Connect them with help:

**National Suicide Prevention Lifeline: 1-800-273-TALK (8255); TTY 800-799-4889; Press “1” for military**

➤ <http://www.suicidepreventionlifeline.org/GetHelp/Accessibility>

➤ **Chat Line:** <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

**Mental Health Services for Deaf and Hard of Hearing:**

➤ **Phone:** (603) 889-6147

**24-Hour Emergency Line:** (800) 762-8191

**VP:** (603) 821-0073

**Headrest** – For teens and adults (24/7) **1-800-639-6095** or your local community mental health center.

For an emergency, dial **911**.



For more information about  
suicide prevention training and resources in NH:

**[www.theconnectprogram.org](http://www.theconnectprogram.org)**