

## **Suicide Warning Signs**

These warning signs may mean you or someone you know is at risk for suicide. Risk is greater if a behavior is new or has recently increased in frequency or intensity, and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or kill oneself
- Looking for ways to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated, or behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Giving away belongings

## **Substance Abuse Warning Signs**

These warning signs may mean you or someone you know is dealing with or developing a substance abuse problem. Risk is greater if a behavior is new or has recently increased in frequency or intensity, and if it seems related to a painful event, loss, or change.

- Continuing to use the substance despite experiencing significant detrimental effects in their work, relationships, education, health, or other areas of their life.
- Frequently using more of the drug than they had originally intended to use or using it longer than they had originally intended to use it.
- Spending a significant amount of time recovering from using their drug of choice or spending significant amounts of time trying to get that drug.
- Frequent cravings for their drug of choice.
- A failure to address important obligations as a result of their substance use.
- Continuing to use a substance in situations where it may be physically dangerous to do so, such as driving while intoxicated, using the substance at work, using it while watching small children, and mixing it with other drugs or alcohol.
- Even though they have stated that they wish to cut down or stop using their substance of choice, they are unable to do so.
- The development of tolerance.
- The development of withdrawal symptoms.

## **Depression Warning Signs**

These warning signs may mean you or someone you know is experiencing a depressive episode. Risk is greater if a behavior is new or has recently increased in frequency or intensity, and if it seems related to a painful event, loss, or change.

- Little interest or pleasure in doing things
- Feeling down, hopeless, or helpless
- Trouble falling asleep, staying asleep, or sleeping too much
- Feeling tired or having little energy
- Poor appetite, overeating, or considerable weight changes
- Feeling of being a failure or unworthy
- Uncontrollable crying
- Difficulty concentrating on things or making decisions

## **Anxiety Warning Signs**

These symptoms may mean someone is dealing with anxiety. Risk is greater if a behavior is new or has recently increased in frequency or intensity, and if it seems related to a painful event, loss, or change.

- Sudden, unexpected attacks of heart-pounding panic
- Constantly feeling tense, worried, or on edge
- Emotional state interfering with your ability to complete work, school, or family responsibilities
- Plagued by fears that are irrational but unable to shake it
- Belief that something bad will happen if certain things aren't done a certain way
- Avoiding everyday situations or activities because they cause you anxiety
- Feeling like danger and catastrophe are around every corner