

## WARNING SIGNS

People considering suicide usually provide signs of their intentions. You can help prevent a suicide by recognizing these signs, engaging the person appropriately or seek help immediately.

### Warning Signs:

- Talking about killing or harming oneself
- Expressions of death and dying verbally, in writing or through art
- Seeking out potential weapons or drugs that could be used in a suicide attempt
- Feelings of helplessness and hopelessness and believing things will never get better
- Feelings of worthlessness, guilt, shame and self-hatred
- Preparing for death such as composing a will, saying good-bye to family and friends or giving away prized possessions
- Withdrawing from family and friends with increasing social isolation
- Exhibiting behavioral changes that are self-destructive such as increasing use of alcohol or drugs, reckless driving, unsafe sex and taking unnecessary and potentially dangerous risks
- If a person goes from extreme depression to a sudden sense of peace and happiness, this may mean that they have made a decision to die by suicide

### Be Aware of the Risk Level:

RISK LEVEL	SUICIDAL THOUGHTS	PLAN	INTENT
LOW	SOME	NO	SAYS WON'T COMMIT SUICIDE
MODERATE	YES	VAGUE-NOT VERY LETHAL	SAYS WON'T COMMIT SUICIDE
HIGH	YES	SPECIFIC-HIGHLY LETHAL	SAYS WON'T COMMIT SUICIDE
SEVERE	YES	SPECIFIC-HIGHLY LETHAL	SAYS WILL COMMIT SUICIDE

adapted from helpline.org

**IF A SUICIDE ATTEMPT SEEMS IMMINENT CALL THE MENTAL HEALTH ASSOCIATION OF NASSAU COUNTY 516-504-HELP (4357), LONG ISLAND CRISIS CENTER 516-679-1111, 911 OR TAKE THE PERSON DIRECTLY TO THE EMERGENCY ROOM. REMOVE POTENTIALLY LETHAL OBJECTS FROM THE VICINITY. DO NOT UNDER ANY CIRCUMSTANCES LEAVE A SUICIDAL PERSON ALONE.**