

## WHAT IS SUICIDE?

Suicide is the act of intentionally ending one's own life. Many people who commit suicide are depressed and feel hopeless in escaping their pain. Not all depressed people consider suicide, but the following warning signs point to someone who may be suicidal...

## WHAT ARE THE DANGER SIGNALS?

- **Hopeless comments**, "nothing really matters," or "I just want to end it all"
- **Sleep problems**, including too little or too much sleep, insomnia, waking up at night multiple times
- **Preoccupation with death**, in music, artwork, or poetry
- **School problems**, having trouble keeping grades up, difficulty concentrating or thinking clearly
- **Loss of interest** in hobbies, social and sports activities
- **Changes in behavior**, such as a normally quiet person suddenly starts picking fights or an outgoing person becomes shy
- **Recent loss of friend or family** through death, separation, or divorce

If you have been experiencing the warning signs mentioned above, please answer the following Ask Suicide-Screening Questions (NIMH) and return this handout to your counselor.

1. In the past few weeks, have you wished you were dead?  Yes  No
2. In the past few weeks, have you felt that you or your family would be better off if you were dead?  Yes  No
3. In the past week, have you been having thoughts about killing yourself?  Yes  No
4. Have you ever tried to kill yourself?  Yes  No

If yes, how? \_\_\_\_\_

\_\_\_\_\_

When? \_\_\_\_\_

\_\_\_\_\_

## NATIONAL SUICIDE PREVENTION LIFELINE

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**1-800-273-TALK (8255)**

**(En Español: 1-888-628-9454)**