



St. Vincent de Paul
CARES

Know the Warning Signs of Suicide

SOMEONE IN CRISIS MAY SHOW ONE OR MORE OF THE FOLLOWING WARNING SIGNS:

What They Say:

- Talks about wanting to die or harm themselves
- Expresses hopelessness or no purpose/reason to live
- Feels trapped or in unbearable pain
- Says they're a burden to others
- Mentions feeling empty or numb

What They Show:

- Major mood changes
- Depression or anxiety
- Loss of interest in activities
- Irritability, anger, or agitation
- Feelings of shame or humiliation
- Self-harm behaviors (cutting, burning, etc...)

What They Do:

- Withdraws from family, friends, or activities
- Reckless behavior or substance use
- Giving away possessions
- Search for suicide methods online
- Major sleep changes
- Saying goodbye to people or pets

How You Can Help:

- **Ask** if they're thinking about suicide
- **Listen** without judgment, offer support
- **Stay with them** if in immediate danger
- **Encourage** professional help

Crisis Resources:

Call **988** for free, 24/7 and confidential support.

Dial **911** for immediate help.