

# Warning Signs for Increased Risk of Suicide

## DIRECT

- Suicidal communication (e.g., talking about a wish to die)
- Seeking access or recent use of lethal means (e.g., gun, medication)
- Preparations for suicide (e.g., updating will, saying good-bye)

## INDIRECT

- Hopelessness
- Increasing alcohol or substance use
- Perceiving no reason for living, no sense of purpose in life
- Recklessness (unpredictable or impulsive behavior)
- Social withdrawal
- Rage, anger, seeking revenge
- Feeling trapped – like there’s no way out
- Anxiety, agitation
- Sleep complaints - inability to sleep or sleeping all the time
- Dramatic changes in mood
- Increase in healthcare utilization

VA PBM Academic Detailing Service. **Suicide prevention: take action. save a life.** Washington (DC): U.S. Department of Veterans Affairs; 2018 Jan [cited 2018 Aug 27]. 24 p.

## SUICIDE PREVENTION RESOURCES

<b>National Suicide Prevention Hotline</b>	<b>1-800-273-TALK (8255)</b> <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
<b>South Carolina Resources</b>	<b>2-1-1 Helpline:</b> <b>866-892-9211</b> or dial 2-1-1 <b>Upstate Crisis Hotline:</b> <b>(Greenville/Anderson/Oconee/Spartanburg)</b> <b>864-271-8888</b>
<b>Thursday’s Child</b>	<b>1-800-USA-KIDS (872-5437)</b> <a href="http://www.thursdayschild.org">http://www.thursdayschild.org</a>
<b>Crisis Text Line</b>	<b>Text HOME to 741741</b> <a href="http://www.crisistextline.org">http://www.crisistextline.org</a>