

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

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