

WARNING SIGNS AND QUESTIONS

The following is a list of warning signs that a person at risk for suicide MAY exhibit:

This list is not all inclusive.

- Suicidal Ideation
- Feeling Hopeless/Helpless
- No Reason to Live
- Unbearable Pain
- Burden to Others
- Feeling Trapped
- Anxious
- Pacing
- Agitated
- Irritable
- Rage
- Self-Harm
- Isolative
- Withdrawn
- Giving Away Possessions
- Active Hallucinations
- Change in Sleep Habits
- Change in Appetite
- Increased Use in Drug and/or Alcohol
- Talking About Wanting to Die or Kill Themselves
- Looking for a Way to Kill Themselves
- Reckless Behavior
- Mood Swings
- Tearfulness/
Depressed Mood
- Sudden Interest of
Disinterest in Religion

The following is a list of questions to ask if you suspect that a person MAY be at risk for suicide:

This list is not all inclusive.

1. Have you been unhappy lately?
2. Have you been very unhappy lately?
3. Have you been so unhappy that you have been thinking about ending your life?
4. Do you ever wish you could go to sleep and never wake up?
5. When people are as upset as you seem to be, they sometimes wish they were dead.
I am wondering if you are feeling that way also?
6. You look really unhappy. I am wondering if you are thinking about suicide?
7. Are you thinking about killing yourself?

Reference

QPR Institute: Practical and proven suicide prevention training. QPR Institute | Practical and Proven Suicide Prevention Training QPR Institute (en-US). (n.d.). Retrieved March 9, 2022, from QPR Institute | Practical and Proven Suicide Prevention Training QPR Institute (en-US)

