

RISKFACTORS

- Access to lethal means
- Stressful life events
- Prolonged stress
- Substance abuse
- Mental health conditions
- Past suicide attempts

WARNINGSIGNS

- Talking about having no reason to live or being a “burden”
- Increased drug/alcohol use
- Withdrawing from activities
- Isolating from family & friends
- Changes in sleep patterns
- Giving away possessions

TAKEACTION

- Get professional help
- Don't leave the person alone while they're in crisis
- Remove potential weapons, drugs & alcohol if you can

**Visit allianceforsuicideprevention.org
for more information**

