

NAMI Homefront Mental Health Resources

for Military Service Members, Veterans and Their Families

Warning Signs of Suicide

The presence of any, or all, of these signs does not mean that your loved one is going to attempt suicide, or that they are even thinking about it. What these signs do mean is that your loved one is having difficulty and that it's time to act.

You need to intervene immediately if they are talking about:

- Killing themselves
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain



Other possible warning signs, like those listed below, can be more subtle. The potential for suicide risk is greater if a behavior is new or has increased, especially if it's related to a painful event, loss or change.

Pay attention to these behaviors:

- Increased use of alcohol or drugs
- Looking for a way to end their life, such as searching online for materials or means
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression

Notes:

Sources: American Foundation for the Prevention of Suicide, American Association of Suicidology