

# RECOGNISE THE SUICIDE WARNING SIGNS

ARE YOU OKAY?  
WE'RE HERE TO LISTEN!  
CALL US TOLL FREE

800-5588  
/ 866-5433



## PHYSICAL SIGNS



Significant weight changes



Too much/  
too little sleep



Change in appetite



Low energy



Neglect of hygiene



Chronic physical pain/discomfort

## EMOTIONAL SIGNS



Talking about suicide



Saying goodbye



Expressing hopelessness



Feeling like a burden



Talking about death often



Sudden calm after distress

## BEHAVIOURAL SIGNS



Withdrawing from others



Self-harm



Giving away belongings



Drop in performance



Acting reckless or aggressive



Increased alcohol/drug use



Skipping school/work



Planning/Searching for suicide methods



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