

## Verbal Cues

- Direct statements - “I am going to commit suicide”, “I don’t want to live anymore”
- Indirect statements – “Life isn’t worth living”, “I want to go to sleep and never wake up”, “soon it won’t matter anymore”, “Do you think suicide is wrong?”

## Behavioral Cues

- Depression, moodiness, sadness, or lack of energy
- Talking indirectly or directly about dying or committing suicide
- Changes in sleeping habits (too much, too little)
- Changes in eating habits (sudden weight gain, weight loss)
- Diminishing ability to think or concentrate, slowed thinking, or indecisiveness
- Discouragement about the future, self-criticism
- Recent lack of concern about physical appearance, hygiene
- Withdrawal from social contacts or communication difficulty
- Loss of interest or pleasure in usual activities
- Giving away prized possessions
- Drop in school grades or work performance
- Acquiring the means for suicide (guns, rope, drugs)
- Making final arrangements, writing a will
- Taking unusual risks
- Increased drug or alcohol use
- Preoccupation with death through poetry and/or artwork
- Previous suicide attempts (80% of those who kill themselves have attempted it before)
- Being suddenly cheerful after depression (a sign that a decision has been made)

## Situational Cues

- End of a serious relationship
- Death of a loved one
- Divorce
- Loss of a job
- Financial difficulties
- Moving to a new location
- Isolation
- Peer rejection