

# COMMON CLUES TO SUICIDE



## FEELINGS

- ◆ Sad, despondent
- ◆ Hopeless
- ◆ Helpless
- ◆ Worthless
- ◆ Lonely
- ◆ Extreme in mood change, marked hostility, apathy
- ◆ Guilty



## THOUGHTS

- ◆ “I wish I were dead”
- ◆ “All of my problems will end soon”
- ◆ “I won’t be needing these things anymore”
- ◆ “I’m a loser”
- ◆ “Everyone will be better off without me”
- ◆ “I can’t do anything right”
- ◆ “No one can do anything to help me now”
- ◆ I just can’t take it anymore
- ◆ I just can’t keep my thoughts straight anymore

## ACTIONS

- ◆ Inactive
- ◆ Giving away possessions
- ◆ Loss of interests in hobbies
- ◆ Withdrawal from family, friends, work, school
- ◆ Extreme behavior change
- ◆ Impulsivity
- ◆ Reckless behavior: driving, sexual activity
- ◆ Abuse of alcohol, drugs
- ◆ Self-mutilation



## PHYSICAL

- ◆ Lack of Interest in appearance
- ◆ Changes/loss in sex interest
- ◆ Disturbed sleep
- ◆ Change/loss of appetite, weight
- ◆ Physical health complaints