

SUICIDE AWARENESS & PREVENTION

Know the *Signs* of Suicide

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This concern is the sharpest if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

- Talking, discussing, fixating on death or suicide
- Giving away valuable or meaningful possessions
- Having reckless and dangerous behavior
- Increasing the use of alcohol and/or drugs
- Sleep issues, too much or too little
- Not taking basic care of self
- Having a history of suicide attempts
- Putting personal business in order
- Neglecting doctor's orders
- Increased anger and intensified mood swings
- Withdrawing, isolating and disconnecting from others

Your EAP is here for you & we can help. Contact us today.

800-EAP-4YOU (800-327-4968)

TTY: 877-492-7341 | EAP4YOU.com