

# WARNING SIGNS

of someone who may be at  
**RISK OF SUICIDE**

- > Abrupt change in personality
- > Giving away prized possessions
- > Previous suicide attempts
- > Increase in drug or alcohol use
- > Eating disturbance, either weight gain or loss
- > Sleep disturbance, either too much or too little
- > Inability to tolerate frustration

- > Withdrawal and rebelliousness
- > Isolating and choosing to spend time alone
- > Decline in personal hygiene
- > Flat affect or depressed mood
- > Unusually long grief reaction (varies with different youth)
- > Overall sense of sadness and hopelessness
- > Increase in hostility
- > Decrease in academic performance
- > Difficulty concentrating
- > Recent family or relational disruption

## WHAT YOU CAN DO TO SAVE A LIFE

- > If you see the signs, ask the person, "Are you suicidal?"
- > Offer hope, don't leave them alone, and tell others, lock up medications and firearms
- > Take the person to the nearest ER, call the police, take them to a health care professional or
- > Call the Montana Suicide Prevention Lifeline at **988 or text "MT" to 741741**



[www.dphhs.mt.gov/suicideprevention](http://www.dphhs.mt.gov/suicideprevention)