



Do you know the suicide warning signs?

Withdrawing from social interaction



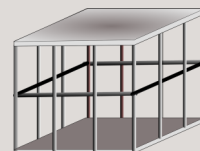
Significant changes in hygiene or self-care



Direct verbalizations of suicidality



Mentioning feeling trapped, or hopeless



Extreme changes in mood, such as rage, and violence or threats



Indirect signs of suicidal thoughts, such as giving away belongings and shifting from being very sad to very calm



Signs of impaired thinking, such as risky behaviors, disorganized speech or thoughts, and paranoia



Dramatic decline in performance at work or school



If you're seeing any of these signs in your friends or colleagues, it's time to start a conversation and reach out for help.



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