

The Warning Signs of Suicide

IS PATH WARM?

I	Ideation
S	Substance Abuse
P	Purposelessness
A	Anxiety
T	Trapped
H	Hopelessness
W	Withdrawal
A	Anger
R	Recklessness
M	Mood Change

Warning Signs of ACUTE Suicide Risk

1. Threatening to hurt or kill himself or herself or talking of wanting to hurt or kill himself or herself;
2. Looking for ways to kill himself or herself by seeking access to firearms, available pills, or other means;
3. Talking or writing about death, dying or suicide, when these actions are out of the ordinary.
4. These might be remembered as expressed or communicated **IDEATION**.

‡ *If observed, seek help as soon as possible by contacting a mental health professional or calling 1-800-273 TALK (8255) for a referral.*

Additional Warning Signs

1. Increased **SUBSTANCE** (alcohol or drug) use;
2. No reason for living; no sense of **PURPOSE** in life;
3. **ANXIETY**, agitation, unable to sleep or sleeping all the time;
4. Feeling **TRAPPED**-like there is no way out;
5. **HOPELESSNESS**;
6. **WITHDRAWING** from friends, family and society;
7. Rage, uncontrolled **ANGER**, seeking revenge;
8. Acting **RECKLESS** or engaging in risky activities, seemingly without thinking;
9. Dramatic **MOOD** changes.

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*These warning signs were compiled by a task force of expert clinical researchers and "translated" for the general public.