

Warning Signs

They May Need Your Help

- Talking about wanting to die or to kill themselves.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.

- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Extreme mood swings.

Identifying Suicidal Thoughts in a Loved One and What to do

How You Can Help

- **Contact a crisis hotline/text line**
 - [Suicide Prevention Hotline](#)
 - [Crisis Text Line](#)
 - [Chautauqua County Suicide and Crisis Hotline](#)
- **[5 Action Steps](#)**
 - Ask, Keep Them Safe, Be There, Help Them Connect, and Follow Up

• **Tips for Talking**

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen.
- Allow expressions of feelings.
- Accept the feelings.
- Be non-judgmental.

*Created by [the Chautauqua County Dept. of Mental Hygiene](#)
[Chautauqua Tapestry](#)
[The Community Alliance for Suicide Prevention](#)*