

## Invitations for Help: Suicide Warning Signs and Clues

<b>Communication</b> <b>Verbal: Direct &amp; Indirect</b>	<b>Behaviors, Actions,</b> <b>Appearance, Feelings</b>	<b>Situations &amp; Events</b> <b>The meaning given to event</b>
<p>Any threats to hurt or kill themselves:</p> <p>Includes writing, texting, artwork</p> <p>I'm going to kill myself</p> <p>I wish I was dead.</p> <p>Nothing matters anymore.</p> <p>I'm going to end it all.</p> <p>If (such and such) doesn't happen, I'll kill myself.</p> <p>My family would be better off without me.</p> <p>Who cares if I'm dead anyway.</p> <p>I won't be around much longer.</p> <p>Pretty soon you won't have to worry about me.</p> <p>I'm a loser.</p> <p>I can't do anything right</p> <p>No one can do anything to help me now</p> <p>I just can't take it anymore</p>	<p>Prior suicide attempt</p> <p>Feeling hopeless, helpless, no reason for living, trapped</p> <p>Looking for ways to hurt or kill themselves—getting a gun, pills, or other means</p> <p>Alcohol and/or other drug abuse/relapse</p> <p>Rage, anger, seeking revenge</p> <p>Anxiety, agitation, irritability</p> <p>Acting reckless, engaging in risky activities</p> <p>Withdrawal from family, friends, activities</p> <p>Unable to sleep/sleeping too much</p> <p>Giving away prized possessions</p> <p>Struggling with gender identity or sexual orientation</p> <p>Putting personal affairs in order</p>	<p>*Loss:</p> <p>Break up with boy/girlfriend</p> <p>Divorce or separation</p> <p>Foster care placement</p> <p>Death of a parent, sibling, or best friend---especially if by suicide</p> <p>Fired from a job</p> <p>Loss of Faith</p> <p>Being expelled from school</p> <p>Chronic or terminal illness</p> <p>Diagnosis of mental health condition</p> <p>Loss of freedom/fear of punishment</p> <p>Fear of becoming a burden to others</p> <p>Traumatic experience-past and/or present</p> <p>Being bullied, excluded, humiliated</p>

# You can Help ~ Steps you can take

## 1. When you receive an invitation for help you will want to R.S.V.P.

- **R**ecognize invitations for help
- **S**how you care
- **V**oice your concerns
- **P**rovide support & connect the person to others who can help

## 2. Bring Gifts: What gifts will you bring to a person who has given you an invitation for help?

- **L**istening
- **A**cceptance of persons feelings, thoughts
- **B**elief—taking the invitations seriously
- **U**nderstanding for how hard it might be to share
- **I**nformation--many people can have thoughts of suicide & there is help
- **C**onnection—they are not alone
- **S**upport for finding help
- **C**ompassion—they deserve to feel better
- **H**ope--they have the strength to make it

## 3. See It--Say It: Here is a simple, caring way to talk with a person you're worried about

- **I care**...express your concern and care first.
- **I see**...describe what you see or noticed.
- **I feel**...use a feeling word--worried, concerned, etc.
- **I'm listening**...what is going on for you?
- Have you been thinking of suicide?
- **I want**...you to talk to a counselor, your family, faith leader, etc.
- **I will**...go with you, make an appointment, contact you later, etc

**Suicide Prevention Lifeline**

**1 (800) 273-8255**