

Suicide WARNING SIGNS



beyondblue
Depression, Anxiety

FEELING WORTHLESS



A sense of **HOPELESSNESS** OR **NO HOPE** for the **FUTURE**



SOCIAL ISOLATION or **FEELING ALONE**



FEELING TRAPPED

ALCOHOL and DRUG misuse

AGGRESSIVENESS and IRRITABILITY

GIVING things AWAY

Possessing LETHAL MEANS



Feeling like you DON'T BELONG

FEELING LIKE A BURDEN to others

ENGAGING in "risky" BEHAVIORS

A **HISTORY** of **SUICIDAL BEHAVIOUR**

FREQUENTLY TALKING about DEATH



DRAMATIC changes in MOOD and BEHAVIOUR

