

# Suicide Awareness

## Warning Signs of Someone Considering Suicide

Any one of these signs does not necessarily mean the person is considering suicide, but several of these symptoms may signal a need for help:

- Verbal suicide threats such as, "You'd be better off without me" or "Maybe I won't be around"
- Expressions of hopelessness and helplessness
- Previous suicide attempts
- Daring or risk-taking behavior
- Personality changes
- Depression
- Giving away prized possessions
- Lack of interest in future plans

## If You Think Someone Is Considering Suicide

- Trust your instincts that the person may be in trouble
- Talk with the person about your concerns. Communication needs to include LISTENING
- Ask direct questions without being judgmental. Determine if the person has a specific plan to carry out the suicide. The more detailed the plan, the greater the risk
- Get professional help, even if the person resists
- Do not leave the person alone
- Do not swear to secrecy
- Do not act shocked or judgmental
- Do not counsel the person yourself

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Your EAP Can Help.**

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