

Worried
about
suicide risk?

WARNING SIGNS:

THREATENING, TALKING ABOUT
OR PLANNING SUICIDE

GIVING AWAY POSSESSIONS

FEELING HOPELESS/HELPLESS

DEPRESSION/IRRITABILITY

INCREASED DRUG/ALCOHOL USE

FEELINGS OF FAILURE,
GUILT, OR SHAME

SOCIAL WITHDRAWAL ISOLATION

RISKY BEHAVIORS

PREVIOUS ATTEMPTS TO SELF-HARM

What to do if someone you know is thinking of suicide

EXPRESS CONCERN

LISTEN WITHOUT CRITICISM

TAKE THREATS SERIOUSLY

ASK ABOUT SUICIDE PLAN

REMOVE LETHAL MEANS

INFORM FAMILY/FRIENDS

SEEK PROFESSIONAL HELP

Where to seek help:

NATIONAL SUICIDE PREVENTION
LIFELINE

(800) 273-TALK (8255)

911

SURVIVORS OF SUICIDE ATTEMPTS
SUPPORT GROUP:

SOSA@UTAHPRIDECENTER.ORG

(385) 831-0872

