

## EARLY WARNING SIGNS OF SUICIDAL IDEATION

There are 28 warning signs that can be used to help those possibly contemplating suicide

1. For some time he has been depressed, not himself; he does not have any energy or motivation
2. He is no longer involved in sports and pays no attention to his physical appearance
3. He is introverted, withdrawn, solitary, shy, and even awkward; he does not have much to say anymore or says nothing at all; he does not confide in anyone
4. He is an alcoholic or is turning more to alcohol
5. He is given to having accidents with his personal car and his service vehicle
6. He is anxious, anguished
7. He looks very tired or is suffering from overwork
8. He has told others about his thoughts of suicide
9. He uses tranquilizers
10. He is emotionally unstable
11. He is having trouble concentrating and often hurts himself
12. He has a discipline file
13. He is arrogant, aggressive, impulsive, or violent
14. He is very proud and unable to deal with frustration
15. He often cries
16. He is nervous or more nervous than before
17. He has talked about killing someone
18. He is an insomniac
19. He appears to be very pensive
20. He has complexes
21. He is jealous
22. He is disillusioned
23. He suffers from high blood pressure
24. He has tried to commit suicide
25. He uses tranquilizers combined with alcohol
26. He has written one or more strange letters to those close to him in which he talked about life, death, the purpose of life, or has made his last wishes known in case something were to happen to him
27. He has written or rewritten his will and talked about it in a weird and unusual way
28. He has let it be known in a mysterious way that he had something important to do

