



## ACUTE SUICIDE WARNING SIGNS



- I** **IDEATION** Thoughts of suicide expressed, threatened, written or otherwise hinted at by efforts to find means to suicide
- S** **SUBSTANCE ABUSE** Increased or excessive alcohol or drug use
  
- P** **PURPOSELESSNESS** Seeing no reason for living or having no sense of meaning or purpose in life
- A** **ANXIETY** Feeling anxious, agitated, or unable to sleep (or sleeping all the time)
- T** **TRAPPED** Feeling trapped, like there is no way out
- H** **HOPELESSNESS** Feeling hopeless about self, others, the future
  
- W** **WITHDRAWAL** Isolating and withdrawing from family, friends, usual activities, society
- A** **ANGER** Feeling rage or uncontrolled anger, seeking revenge for perceived wrongs
- R** **RECKLESSNESS** Acting without regard for consequences, excessively risky behavior, seemingly without thinking
- M** **MOOD CHANGES** Experiencing dramatic changes in mood. Labile Mood

**From the American Association of Suicidology**