



What are the signs?

Early Warning Signs

- Withdrawal from friends and family
- Preoccupation with death
- Personality change and serious mood changes
- Difficulty concentrating
- Persistent boredom
- Change in eating and sleeping habits
- Difficulties in school or on the job (decline in work quality)
- Loss of interest in regular activities things they care about
- Frequent complaints about stomachaches, headaches, etc.

Late Warning Signs

- Talking about suicide or a plan
- Being impulsive such as violent actions, or running away
- Refusing help, feeling “beyond help”
- Complaining of being a bad person
- Making statements about hopelessness, helplessness, or worthlessness.
- Giving away favorite possessions
- Giving verbal hints with statements such as:
 - “Nothing matters”
 - “I shouldn’t have been born”
 - “I won’t be a problem for you much longer”
- Becoming suddenly cheerful after a period of depression.