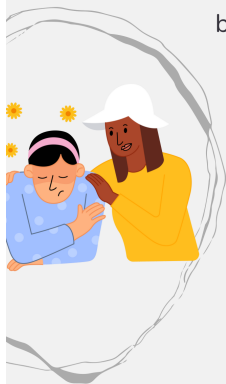


# SIGNS OF SUICIDE

If you are worried about your child and suicidality, learn some of the imminent signs below. Call 988, bring your child to your local ER for evaluation or call a crisis team if you are concerned about an imminent threat.

## 1 TALKING ABOUT IT

It is a myth that talking about suicide means you won't do it. Listen. Joking, saying things like "I wish I could disappear," "you wouldn't care if I died" or "I'd be better off dead" need to be taken seriously.



## 2 GOOGLE SEARCHES

Searches on lethal means of suicide, how many pills to take, or other exploration online about suicide.



## 3 SUDDEN CHANGES IN MOOD

Becoming very happy all of the sudden after intense depression -- almost in a relief that they will soon carry out a plan.

## 4

Creating poetry, stories, videos or songs about suicide

## 5

Giving away loved items and writing/saying goodbyes

