

The Warning Signs of Suicide

Suicidal thoughts and actions are a sign of extreme distress. If you see warning signs in someone, get help immediately by calling or texting the [Suicide & Crisis Lifeline](#) at **988** or using the chat at **988Lifeline.org**.

Common warning signs include:

- Talking about wanting to die or taking their own life.
- Talking about feeling empty, hopeless or having no reason to live.
- Talking about feeling trapped or that there are no solutions.
- Feeling unbearable emotional or physical pain.
- Talking about being a burden to others.
- Withdrawing from family and friends.
- Giving away important possessions.
- Saying goodbye to friends and family.
- Putting affairs in order, such as making a will.
- Taking great risks that could lead to death, such as driving extremely fast.
- Talking or thinking about death often.

Source: [National Institute of Mental Health: Suicide Prevention](#)



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