

Warning Signs of Suicide



The behaviors listed below may be some of the signs that someone is thinking about suicide.

Talking about:

- ▶ Wanting to die
- ▶ Great guilt or shame
- ▶ Being a burden to others

Feeling:

- ▶ Empty, hopeless, trapped or having no reason to live
- ▶ Extremely sad, anxious, agitated or full of rage
- ▶ Unbearable emotional or physical pain

Changing behavior, such as:

- ▶ Making a plan or researching ways to die
- ▶ Withdrawing from friends, saying goodbye, giving away important items or making a will
- ▶ Taking dangerous risks such as driving extremely fast
- ▶ Displaying extreme mood swings
- ▶ Eating or sleeping more or less
- ▶ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Our Network of Locations

KANSAS CITY

4300 Brenner Dr.
Kansas City, KS 66104

OLATHE*

21277 W. 153rd St.
Olathe, KS 66061

WICHITA

1507 W. 21st St. N.
Wichita, KS 67203

HAYS

3000 New Way Blvd.
Hays, KS 67601

WEBSTER GROVES**

400 North Rock Hill Road
Webster Groves, MO 63119

cambermentalhealth.org

*In partnership with Children's Mercy

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