## COMMON CLUES TO SUICIDE

### FEELINGS
- Sad, despondent
- Hopeless
- Helpless
- Worthless
- Lonely
- Extreme in mood change, marked hostility, apathy
- Guilty

### ACTIONS
- Inactive
- Giving away possessions
- Loss of interests in hobbies
- Withdrawal from family, friends, work, school
- Extreme behavior change
- Impulsivity
- Reckless behavior: driving, sexual activity
- Abuse of alcohol, drugs
- Self-mutilation

### THOUGHTS
- “I wish I were dead”
- “All of my problems will end soon”
- “I won’t be needing these things anymore”
- “I’m a loser”
- “Everyone will better off without me”
- “I can’t do anything right”
- “No one can do anything to help me now”
- I just can’t take it anymore
- I just can’t keep my thoughts straight anymore

### PHYSICAL
- Lack of Interest in appearance
- Changes/loss in sex interest
- Disturbed sleep
- Change/loss of appetite, weight
- Physical health complaints