

Video bites: Warning signs of suicide risk

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There are different ways individuals may present warning signs about having suicidal thoughts. Some may be secretive and attempt to cover any indication they're struggling. However, in general, research has shown us there are signs, and some may be direct and others more subtle.

Some people will make statements such as, "I wish I were dead," "I have no reason to live," or, "I should just end it now," as one potential warning of their pain and hopelessness. Some could make more subtle comments about feeling like a burden, feeling trapped, or that they just want to disappear. It's important to acknowledge these statements and ask questions in a kind and gentle manner for clarification. Often people are reaching out for understanding or help when they share these feelings.

Some typical changes in behavior that can be a warning sign of somebody who is suicidal could be things like avoiding or withdrawing from loved ones, giving personal belongings away, making plans to have their personal affairs in order, decrease in personal care and hygiene, maybe even changes in appetite and sleep habits.

They may express low self-worth and even start researching ways to kill themselves. You may also notice mood changes or rapid shifts in mood that are not typical for the individual.

They may seem depressed or anxious, more irritable, or even shift from a depressed mood to actually expressing clarity and happiness. This may be an indicator that the person has made peace with their decision to end their pain through suicide.

If you or a loved one is struggling with these feelings, or if you need someone to talk to, Resources for Living is here to help. You have in-the-moment support available to you anytime. You don't have to figure this out on your own.

On-screen text:

24/7 in-the-moment support. In case of an emergency: Call 911 or the national crisis lifeline at 988. You can also text HELP: to 741-741.

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