




# 14 Warning Signs of Suicide

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Source: [Crisis and Trauma Resource Institute](#)

# ASSESSMENT



It can be difficult to assess suicide risk because the warning signs are often subtle and may not seem alarming when taken individually.

However, when several of these signs appear simultaneously, they may indicate a significant risk.

Here are 14 signs to watch out for →

# Warning signs

- 1 Loss of interest in things that were previously important to them
- 2 Giving away sentimental items or possessions
- 3 Methodically repair, resolve disputes or misunderstandings
- 4 Sudden decline in academic or professional performance

# Warning signs

**5** Changes in appearance, hygiene, lifestyle, etc.

**6** Talking about what death would be like (preoccupied with death)

**7** Talking about feelings of despair, helplessness, or worthlessness

**8** Increased irritability, edginess, and nervousness

# Warning signs

**9** Visiting or calling people to say  
goodbye

**10** Withdrawal and isolation from  
friends and family

**11** Suddenly happier after a long and  
severe depression

**12** Risky behaviors (dangerous driving,  
substance use, etc.)

# Warning signs

**13** Hoarding of drugs, concealment of weapons

**14** Threatening to end their lives, sharing suicidal thoughts

*Although these signs may raise alarm bells, it is common for individuals to show no signs and appear perfectly happy. Staying present, opening up the discussion on the subject, and offering resources can help prevent suicide and encourage people to seek help.*