

Journey to Wellness — A free self-guided healthy living program

# Talk about suicide



When someone you know talks about taking their own life or does things that make you wonder if they are considering suicide, it can be very upsetting. You may not know if you should take it seriously or if you could make the situation worse by getting involved. **Taking action is always the best choice.** Here's how you can be prepared.

### **Know the warning signs**

- Acting agitated, anxious or reckless.
- Displaying extreme mood swings.
- Giving away valued personal belongings.
- Showing anger or rage, or expressing a desire to seek revenge.
- Sleeping too little or too much.
- Talking about wanting to die or wanting to kill him or herself.
- Talking about feeling hopeless or having no purpose.
- Talking about feeling trapped or being in unbearable pain.
- Talking about being a burden to others.
- Withdrawing or isolating.

### **Know who is at risk**

- Has depression or another significant psychiatric condition (such as bipolar disorder).
- Has already attempted suicide.
- Has significant physical illness.
- Has family history of suicide, substance abuse, or psychiatric disorders
- Has an alcohol or substance abuse problem.

### **Know what questions to ask**

- “Do you feel you have no hope for the future?”
- “Have you had thoughts of suicide?”
- “Have you tried to hurt yourself before?”
- “Do you have pills or weapons in the house?”
- “Have you thought of ways to hurt yourself?”
- “Do you feel your loved ones are better off without you?”

### **Know what to do**

- Ask a healthcare provider for resources to help.
- Work with your loved one to fill out a crisis action plan.
- Ask your loved one how he or she is feeling on a regular basis.
- Encourage your loved one to do things that bring them joy, such as meditation, journaling or exercising.
- Understand why it is important to not use alcohol or drugs during times of suicidal crisis.
- Make sure guns are not accessible and are safely stored and locked.
- Know who to call in the event of a crisis.
- Learn as much as you can about suicide.

Information adapted from [Awareness, intervention help prevent suicide](#) and [Suicide Prevention: Take steps now](#).

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