



RECOGNIZE THE **WARNING SIGNS OF SUICIDE**

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WORKING TOGETHER
TO SAVE LIVES



RECOGNIZE THE **WARNING SIGNS OF SUICIDE**

1. Appearing sad or depressed most of the time
2. Increased tardiness and absenteeism
3. Talking about feeling trapped or wanting to die
4. Decreased productivity
5. Increased conflict among co-workers
6. Extreme mood swings
7. Increased use of alcohol or drugs
8. Decreased self-confidence
9. Feeling hopeless and helpless
10. Sleeping too much or too little
11. Acting anxious, agitated, or reckless
12. Near hits, incidents, and injuries
13. Withdrawing from family and friends
14. Talking about being a burden to others
15. Decreased problem-solving ability