

# SUICIDE WARNING SIGNS

BROUGHT TO YOU BY BEYOND BLUE AND SEVENTEENHUNDRED

**A sense of hopelessness or no hope for the future**

**Possessing lethal means**

**Feeling like a burden to others**

**Frequently talking about death**

**Dramatic changes in mood and behaviour**

**A history of suicidal behaviour**

**Aggressiveness and irritability**

**Social isolation or feeling alone**

**Feeling like you don't belong**

**Alcohol and drug misuse**

**Engaging in risky behaviours**

**Feeling trapped**

**Feeling worthless**

**Giving things away**