



## SUICIDE warning signs!

### Warning signs you might SEE:

- Signs of depression or feelings of hopelessness
- Lack of interest or energy (or wild variations in energy levels)
- Changes in eating habits, sleep patterns, or personal appearance
- Increase in anxiety or anxiety related illnesses (head aches, stomach aches)
- Any dramatic changes in behaviour, actions, or attitude
- Being unusually quiet or unusually aggressive/angry
- Dropping out of hobbies, sports, school, or job
- Talking about death or cult figures who died by suicide
- Decrease in libido (interest in sex)

### The following are more serious warning signs:

- Preoccupation with death, dying, or suicide (includes joking about death or suicide, creative writing, poetry, artwork)
- A sudden elated mood following a time of depression
- A previous suicide attempt
- Serious talk of suicide
- Talking about or making a suicide plan
- Risk taking behaviour (driving recklessly, unsafe sex)
- Increase in alcohol or drug use
- Giving away prize possessions, saying good-bye, writing a will, writing farewell letters
- Suicide ideation occupies much of their thinking

## SUICIDE DEFINITIONS

**At-risk individual** - person who has been identified as having certain suicide risk factors (e.g. previous suicide attempt) and/or has been exposed to certain suicide risk conditions (e.g. recent suicide of a close peer)

**Caregiver** - person who is willing to care for another, to offer support and willingness to get involved with an at-risk individual.

**Contributing factors** - factors, which act to intensify an existing risk for suicide (e.g. substance abuse)

**Risk factor** - refers to an individual trait (e.g. hypersensitivity) or demographic factor (gay or lesbian youth, first nations person) which potentially elevates the risk for suicide and suicidal behaviour

**Self-injury** - deliberate self-injurious behaviour with low intent to die, generally resulting in visible injuries (e.g. wrist cutting) that may be part of a repetitive or chronic pattern

**Suicide** - death caused by self-inflicted, intentional injury (may be used interchangeably with completed suicide)

**Suicide attempt** - potentially self-injuring behaviour motivated by an intent to die with a non-fatal outcome

**Suicide-related behaviours** - a broad spectrum of behaviours, which encompass suicidal gestures, threats, and attempts (may be used interchangeable with non-fatal suicidal behaviours)

**Suicide cluster** - a process by which one suicide, suicide attempt, or suicide-related behaviour may influence another person to attempt or complete suicide

**Suicide ideation** - thoughts about suicide



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