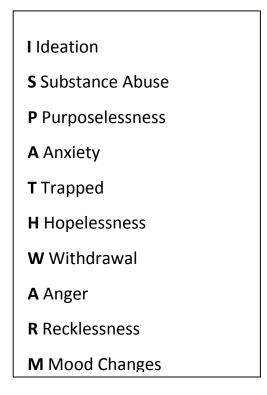
IS PATH WARM?

An easy Mnemonic to remember the research-supported warning signs for suicide



A person in acute risk for suicidal behavior most often will show observable warning signs:

- Threatening to or talking of wanting to hurt or kill him or herself, ; and/or,
- Looking for ways to kill self by seeking access to firearms or other means; and/or,
- Talking or writing about death, dying or suicide, when these are out of the ordinary.

These might be remembered as expressed or communicated **IDEATION**. If observed, seek help as soon as possible by contacting a mental health professional or calling Crisis 1-888-568-1112.

Additional Warning Signs:

- Increased SUBSTANCE (alcohol or drug) use
- No reason for living; no sense of **PURPOSE** in life
- ANXIETY, agitation, unable to sleep or sleeping all the time
- Feeling TRAPPED like there's no way out
- HOPELESSNESS
- WITHDRAWING from friends, family and society Rage,
- uncontrolled ANGER, seeking revenge
- Acting **RECKLESS** or engaging in risky activities,
- Dramatic **MOOD** changes