

IS PATH WARM?

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

<p>I Ideation</p> <p>S Substance Abuse</p> <p>P Purposelessness</p> <p>A Anxiety</p> <p>T Trapped</p> <p>H Hopelessness</p> <p>W Withdrawal</p> <p>A Anger</p> <p>R Recklessness</p> <p>M Mood Changes</p>
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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