

# Suicide Warning Signs for Adults

Be a Lifeline



**Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.**

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know is struggling or in crisis, help is available.

**Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org), or reach out to a mental health professional.**

