



# Warning Signs of Suicide

## TALK

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

## BEHAVIOR

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

## MOOD

People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement



**988**  
 SUICIDE  
 & CRISIS  
 LIFELINE

**HOLD ON  
 TO HOPE.  
 WE'RE HERE TO HELP.**

**CALL 988** for 24/7, free and confidential support from trained crisis counselors.







## What is 988?

988 is more than just an easy-to-remember number—it's a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress, along with concerned family, friends and/or caregivers.



### 3 ways to access 988



**CALL  
988**



**TEXT  
988**



**CHAT  
988**

[988lifeline.org/chat](https://988lifeline.org/chat)

## When should I call, text or chat 988?

Anyone could be struggling with suicide. If you or someone you know is having thoughts of suicide or experiencing a mental health or substance-use crisis, 988 provides a connection to free, 24/7 confidential support.

- Thoughts of suicide
- Emotional distress
- Feelings of hopelessness
- Substance-use
- Trauma or loss
- Community unrest or Covid-19 related stress

## What happens when I call 988?

- At the beginning of the call, callers have the option to select the Veterans Crisis Line or the Spanish language Crisis Line.
- If the caller does not select either of these options, they will be routed to an official Life Line Call Center based on their area code or IP address.
- A trained behavioral health crisis counselor will talk with you.
- The counselor will:
  - Listen to you
  - Understand how your problem is affecting you
  - Provide personal support
  - Give you the help you need, and may include in-person support from a Mobile Crisis Response Team.
- Follow up services may be offered.
- A call to 988 does NOT automatically facilitate a police response.



## What is the difference between 988 and 911?

988 provides easy access to the National Suicide Prevention Lifeline network and related crisis resources. This is different from 911, where there may be additional support provided to you depending on your individual situation.

**The goal of 988 is to meet the country's growing suicide and mental health-related crisis care needs.**