**Warning signs of suicide:**

* Talking about wanting to die
* Looking for a way to kill oneself
* Talking about feeling hopeless or having no purpose
* Talking about feeling trapped or in unbearable pain
* Talking about being a burden to others
* Increasing the use of alcohol or drugs
* Acting anxious, agitated, or recklessly
* Sleeping too little or too much
* Withdrawing or feeling isolated
* Showing rage or talking about seeking revenge
* Displaying extreme mood swings
* Giving away meaningful possessions
* Making final arrangements

**What to do:**

* Listen and acknowledge the person's emotions
* Ask about suicidal thoughts: "Some people in your situation have thought about suicide. Have you? Are you now?"
* Do not leave the person alone
* Remove any firearms, alcohol, drugs, or sharp objects that could be used in a suicide attempt
* Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
* Take the person to an emergency room, or seek help from a medical or mental health professional

**Access free resources:**

* National Suicide Prevention Hotline: 1-800-273-TALK
* Crisis Chat, a national suicide prevention organization that offers online support and crisis intervention:[www.crisischat.org](http://www.crisischat.org/)
* Man Therapy, mental health tools tailored for men:[www.mantherapy.org](http://www.mantherapy.org/)