



HAVING SUICIDAL THOUGHTS?  
**Let's talk about it.**

**Call the Suicide & Crisis Hotline**  
**1-855-278-4204**

Trained volunteer counselors available 24/7  
Free and confidential

[scchope.org](http://scchope.org)

Better Health for All



COUNTY OF SANTA CLARA  
**Behavioral Health Services**

# Signs to watch for

Feeling depressed is not the only sign that something is wrong. You may have an emotional issue and need help if you have any of the following symptoms:

## Changes in how you feel physically:

- Trouble coping with physical changes, such as sleep, energy level or appetite changes.
- Unbearable chronic pain.

## Changes in how you think:

- Thinking life is not worth living, thinking about hurting yourself, or having suicidal thoughts.
- Thinking others are better off without you.

## Changes in how you feel emotionally:

- Feeling isolated from others who understand you.
- Feeling like a burden to others.
- Feeling abandoned or betrayed.
- Feeling ashamed of who you are.
- Feeling hopeless, desperate, or trapped.
- Having no sense of purpose.
- Having sudden mood changes.

## Changes in how you act:

- Giving away prized possessions.
- Doing careless things that put you in danger.
- Putting affairs in order.
- Increasing drug or alcohol use.
- Withdrawing and spending most of your time alone.

## Stress in your life:

- Financial stress.
- Chronic or terminal illness.
- Death or suicide of a loved one.
- Conflict with your family or community support system.
- Exposure to trauma, such as abuse or bullying.
- Being treated unfairly because of who you are.
- Not having others who understand you.
- Failure to meet expectations.
- Trouble adjusting to a new culture.

