Suicide

Warning Signs

There is no precise profile for identifying a suicidal person. Suicide is difficult to predict. However there are several danger signals that --particularly in combination-- demand immediate concern and attention. If you observe these in someone you know, contact a crisis line, mental health service, or professional therapist for advice.

1. Preoccupation with themes of death expressed in talking or writings.
2. Expressing suicidal thought or threats. (It's a myth that "talking about it means they won't do it". Take all such conversations seriously.)
3. Previous suicide attempts or gestures.
4. Prolonged depression with attitudes of hopelessness and despair.
5. Physical symptoms of depressions such as changes in sleeping patterns, too much or too little sleep, or extreme changes in weight and eating habits.
6. Deteriorating school or work performance.
7. Persistent abuse of alcohol or drugs.
8. Major personality and behavior changes indicated by excessive anxiety, angry outbursts, apathy, lack of interest in personal appearance.
9. Recent loss of close relationship(s) through divorce, death, suicide, breaking up or moving away.
10. Making final arrangements, drawing up a will or giving away prized possessions.
11. Sudden, unexplained euphoria or heightened activity after a long period of doom and gloom.

COUNTY OF SANTA CLARA
EMPLOYEE ASSISTANCE PROGRAM
Call (408) 241-7772
www.scceap.org