

Warning Signs of Suicide

EAP is accessible 24/7 for support - 716-681-4300 or 1-800-888-4162

Talking about:

Wanting to die
Great guilt or shame
Being a burden to others



Feeling:

Empty, hopeless or trapped
Having no reason to live
Extremely sad, anxious or agitated
Full of rage
Unbearable emotional or physical pain



Changing Behavior, Such as:

- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items, or making a will.
- Taking dangerous risk such as driving extremely fast
- Displaying extreme mood swings
- Eating or Sleeping more or less
- Using drugs or alcohol more often



If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline:

Call or text 988

Chat at [988lifeline.org](https://www.988lifeline.org)

C&FS EAP:

Call 716-681-4300



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Visit: www.eap.cfsbny.org

