

Suicide Red Flags to ACT on

BASED ON AMERICAN ASSOCIATION OF SUICIDOLOGY



Ideation

Thoughts of suicide (whether expressed, threatened, written).

Substance Use

Increased or excessive alcohol or drug use.

Purposelessness

Seeing no reasons for living. Lack of meaning or purpose in life.

Anxiety

Anxiousness, agitation, insomnia.

Trapped

Feeling there is no way out of current circumstance.

Hopelessness

Withdrawal

Isolating from friends, family, usual activities, supports, society.

Anger

Uncontrolled, rage, seeking revenge.

Recklessness

Acting without regard, risky behaviour.

Mood Changes

Dramatic changes in mood, unstable mood.



Hear a red flag? Time to A.C.T.

Ask.

Hear a red flag? Ask directly "Are you thinking of suicide?"

Asking won't increase the person's suicidal thoughts. It will show them you care and provide you with important information.

It can feel safer for someone to ask for information rather than support. Listen for red flags when someone is asking for resources too and offer Mental Health supports.

Connect.

Connect them with supports or the 24/7 Crisis Lines.



1-800-SUICIDE (784-2433)

310-6789 Mental Health Support

1-833-456-4566 National Suicide



Text 45645
National Suicide Service (TalkSuicide)

Interior Crisis Line Chat
Thur-Sun, 5-9pmPT
www.interiorcrisisline.com

Text HOME (686868)
KidsHelpPhone

Take care.

Providing support can be challenging, especially if you are concerned for someone's wellness.

Pause to check in on your own wellness needs and reach out for support for yourself too.

The crisis line is available for you as well. Whether you're having a bad day or your worst day.

We are here for you.
1.888.353.2273



Interior
Crisis Line
Network

WWW.INTERIORCRISISLINE.COM