

What are the warning signs that someone feels suicidal?

A change in someone's personality and behaviour might be a sign that they are having suicidal thoughts. You may be the best judge of when someone you know is behaving differently.

Changes can include:

- Becoming anxious
- Being more irritable
- Being more confrontational
- Becoming quiet
- Having mood swings
- Acting recklessly
- Sleeping too much or too little
- Not wanting to be around other people
- Avoiding contact with friends and family
- Having different problems with work or studies
- Saying negative things about themselves

There are some indicators that suggest someone is more likely to attempt suicide.

These include:

- Threatening to hurt or kill themselves
- Talking or writing about death, dying or suicide
- Preparing to end their life, such as...
 - Storing up medication
 - Putting affairs in order
 - Giving away belongings
 - Making a will

Signs that something is wrong can sometimes be more difficult to spot...

Such as:

- A cheeriness which may seem fake to you
- Or they may joke about their emotions
- Saying something quite alarming that is disguised as a joke

Don't ignore your gut feeling if you are concerned about someone...

- Some people won't be open about how they are feeling
- A lot of people try to seek help before attempting suicide by telling other people about their feelings
- This could be a professional, friend or family member
- If someone tells you about how they are feeling don't ignore them