



If I'm Not Sure They're Suicidal

Unfortunately, the nature of suicidal thoughts often prevents disclosure, or sharing these feelings. People who believe that they don't deserve to live may also feel like they don't deserve support and are therefore hesitant to admit how they're feeling.

If you are wondering if someone is suicidal, it's probably because they've been giving some cues that they're not doing well. Perhaps they have stopped engaging with life-affirming activities they once enjoyed, they seem distant and withdrawn, seem careless about hygiene or appointments. Casual references to low self-worth are common:

"No one cares about me anymore."

"There's no reason for me to go on."

"What's the point of trying?"

Signals suggesting suicide are unique to the individual and can be any major change in behavior. It may be hard for a casual acquaintance to notice the change or see it as unusual but

loved ones can usually recognize that something is wrong. If you notice any abrupt changes suggesting a lack of wellness, especially verbal cues hinting at suicide, it's best to ask directly: Signals suggesting suicide are unique to the individual and can be any major change in behavior. It may be hard for a casual acquaintance to notice the change or see it as unusual but loved ones can usually recognize that something is wrong. If you notice any abrupt changes suggesting a lack of wellness, especially verbal cues hinting at suicide, it's best to ask directly:

- 1. First, point out the worrying cues:** *"You've been canceling on all of our plans, you haven't been eating, and you keep saying there's no point in going on anymore."*
- 2. Then express your concern:** *"I care about you."*
- 3. Normalize these as signs of suicide:** *"I know that this could mean that someone is thinking of ending their life."*
- 4. Ask directly:** *"I want to know because I want to help you: Are you thinking of suicide?"*

Important Disclaimer: This information is meant for educational purposes only and should not be considered medical advice. It is meant to support, not replace, the advice of a licensed health care or mental health care professional. It should not be used to make a diagnosis or replace or overrule a qualified health care provider's judgment.





IF **YOU** OR SOMEONE YOU KNOW
IS IN CRISIS, CALL OUR **24HR HOTLINE**



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