

# Signs of when a person may be suicidal

(Information adapted from Living Works ASIST Course)

How extensive is suicide? In Alberta, 450 to 500 persons a year die as a result of suicide. Each year in the province up to 40 to 100x more individuals attempt suicide. 5% of the population at any given time have suicidal thoughts. It is unknown the number of people who are affected by suicide?

## ***Actions***

Giving away possessions  
Withdrawal  
Loss of interest in hobbies  
Abuse of alcohol, drugs  
Reckless behavior  
Extreme changes in behaviour  
Impulsive  
Self-Mutilation

## ***Feelings***

Sad  
Lonely  
Desperate  
Angry  
Guilty  
Worthless  
Hopeless  
Helpless

## ***Thoughts***

"I won't need these things anymore"  
"I can't do anything right"  
"I just can't keep my thoughts straight anymore"  
"I wish I was dead"  
"Everyone will be better off without me"  
"All my problems will end soon"  
"No one can do anything to help me know"  
"Now I know what you are going through"

## ***Physical***

Lack of interest in appearance  
Change and or loss of interest in sex  
Disturbed sleep  
Change and or loss of appetite, weight  
Physical health complaints