

# WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

## TALKING ABOUT:



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

## FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

## CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ 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://988lifeline.org)

**Crisis Text Line**  
Text "HELLO" to 741741

# 5

## Action Steps to Help Someone Having Thoughts of Suicide

We can all take steps to help prevent suicide. **Knowing the warning signs for suicide and how to get help can save lives.**

Here are 5 steps you can take to #BeThe1To help someone who is having thoughts of suicide:



### 1. ASK:

“Are you thinking about suicide?” It’s not an easy question to ask, but it can help start a conversation. Studies show that asking people if they are suicidal does not increase suicidal behavior or thoughts.



### 2. BE THERE:

Listening without judgment is key to learning what the person is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce suicidal thoughts.



### 3. HELP KEEP THEM SAFE:

Reducing access to highly lethal items or places can help prevent suicide. Asking the person if they have a plan and making lethal means less available or less deadly can help the person stay safe when suicidal thoughts arise.



### 4. HELP THEM CONNECT:

Connecting the person with the 988 Suicide & Crisis Lifeline (**call or text 988**) and other community resources can give them a safety net when they need it. You can also help them reach out to a trusted family member, friend, spiritual advisor, or mental health professional.



### 5. FOLLOW UP:

Staying in touch with the person after they have experienced a crisis or been discharged from care can make a difference. Studies show that supportive, ongoing contact can play an important role in suicide prevention.

For more information on suicide prevention:  
[www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)  
[www.bethe1to.com](http://www.bethe1to.com)



NIH National Institute of Mental Health

NIMH Identifier No. OM 24-4315  
Revised 2024

Care. Connect. Collaborate: Introducing the new National Strategy for Suicide Prevention: <https://youtu.be/g5wedqQE4-E>



## Healthy Recipe

<https://www.bbcgoodfood.com/recipes/blueberry-nut-oat-bake>

### Mood Boosting Recipes

Blueberry baked oats

By: Myles Williamson

GoodFood

Serves: 6

Prep: 5 Mins; Cook: 35 mins

Freezable, Healthy, Vegetarian

#### Ingredients:

2 cups almond milk

7-oz jumbo porridge oats

2 tbsp. almond butter

1 tsp baking powder

1 egg, beaten

1 small ripe banana, mashed

½ tsp almond extract or 1 tsp vanilla extract (optional)

2 cups blueberries, plus extra to serve

¼ cup whole, skin-on almonds, roughly chopped

milk or fat-free yogurt and honey, to serve (optional)



#### Directions:

1. Preheat oven to 400 degrees F.
2. Mix all of the ingredients together in a large bowl
3. Tip the mixture into 13.6 inches by 8 inches ovenproof dish
4. Bake for 30-35 minutes, until piping hot in the middle
5. Serve warm with a little milk or yogurt, honey and extra blueberries, if you like

#### Nutrition:

Serving size ½ cup

Calories: 271kcal | Carbohydrates: 34g | Fat 11g | Sugar 10g | Protein: 10g | Fiber: 6g | Saturated Fat 1g | Sodium .35g|

<https://www.bbcgoodfood.com/recipes/blueberry-nut-oat-bake>, retrieved 09/16/24, Author: Myles Williamson



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1

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2

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3

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