



CUES TO SUICIDAL THOUGHT

Sudden changes in an individual's personality, habits and attitudes

Marked depression, sleeplessness, agitation, tension, nervousness, loss of energy

Difficulty in concentrating or thinking clearly

Increasing social isolation, loss of interest in former friends and activities

Noticeable decline in job or school performance

Neglect of personal appearance and hygiene

Preparing affairs for death (making wills, buying insurance policies, giving away prized possessions)

Suicide threats, even in subtle form:

- ◆ "I just cannot take any more"
- ◆ "They would be better off without me"
- ◆ "I won't be around much longer for you to put up with me"
- ◆ "You'll be sorry"

Lack of concern for personal welfare: "Who cares about me anyhow?"

