

# SUICIDE AWARENESS: Factors, Symptoms, and Warning Signs

	A	B	C	D	E	F	
1							
2	<b><u>FACTORS</u></b>		<b><u>SYMPTOMS</u></b>		<b><u>WARNING SIGNS</u></b>		
3	*Depression		*Appetite Change		*Obsession with Death		
4	*Alcohol		*Feeling Helplessness		*Plans Access to Means		
5	*Substance Abuse		*Feeling Hopelessness		*Withdrawn		
6	*Previous Attempts		*Crying		*Outward Passive		
7	*No Social Support		*Decreased Work		*Aggressive		
8	*Divorce, Separation		Performance				
9	*Personal Failure		*Decreased Motivation				
10	*Pending Proceedings		*Sleeping Pattern				
11			Change				
12							
13	<b><u>DO</u></b>		<b><u>DO NOT</u></b>		<b><u>CALL</u></b>		
14	*Take the Individual Serious		*Leave Individual Alone!		911		
15	*Ask Questions		*Demoralize Them		988		
16	*Listen Carefully		*Judge Them		Text 838255		
17	*Watch for Physical		*Act Shocked		Clergy/Chaplain		
18	Indicators		*Agree to a Secret Dare		Trusted Close Family Member		
19	*Check for Means		*Shame Them		Trusted Close Friend		
20	*Check for Support System		*Humiliate Them				
21	<b>*GET HELP - 911</b>						
22							
23			<b><u>REMEMBER</u></b>				
24			The suicide rate amongst				
25			Veterans vastly exceeds				
26			the of active-duty				
27			military troops. According				
28			to estimates, that last year				
29			by the US Department of				
30			Veterans Affairs Office, a				
31			US Military Veteran				
32			commits suicide every 80				
33			minutes - that equals to 18				
34			Veterans a day.				
35			<b><u>ONE SUICIDE IS ONE TOO MANY!!!</u></b>				