

# Know the Warning Signs

*How Do You Remember the Warning Signs of Suicide?*

Here's an Easy-to-Remember Mnemonic:

## IS PATH WARM?

- I** Ideation
- S** Substance Abuse
  
- P** Purposelessness
- A** Anxiety
- T** Trapped
- H** Hopelessness
  
- W** Withdrawal
- A** Anger
- R** Recklessness
- M** Mood Changes

A person in acute risk for suicidal behavior most often will show:

- Threatening to hurt or kill him or herself, or talking of wanting to hurt or kill him/herself; and/or,
- Looking for ways to kill him/herself by seeking access to firearms, available pills, or other means; and/or,
- Talking or writing about death, dying or suicide, when these actions are out of the ordinary.

These might be remembered as expressed or communicated ideation. If observed, seek help as soon as possible by contacting a mental health professional or calling **1-800-273-TALK (8255)** for a referral.

# Additional Warning Signs

## Additional Warning Signs:

- Increased **substance** (alcohol or drug) **use**
- No reason for living; no sense of **purpose** in life
- **Anxiety**, agitation, unable to sleep or sleeping all the time
- Feeling **trapped** - like there's no way out
- **Hopelessness**
- **Withdrawal** from friends, family and society
- Rage, uncontrolled **anger**, seeking revenge
- Acting **reckless** or engaging in risky activities, seemingly without thinking
- Dramatic **mood changes**.

If observed, seek help as soon as possible by contacting a mental health professional at one of CRF's programs or by calling the Access and Crisis Line at **1-888-724-7240**.

(These warning signs were compiled by a task force of expert clinical-researchers and 'translated' for the general public.)

## Protective Factors

- Family connectedness and school connectedness
- Reduced access to firearms
- Safe schools
- Academic achievement
- Self-Esteem

Protective factors are characteristics or variables associated with one not engaging suicidal behavior.

Source: American Association of Suicidology

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