

A person at risk for suicidal behavior most often will exhibit warning signs:

Here's an Easy to Remember Mnemonic (pronunciation- "New monic") for the Warning Signs of Suicide: **IS PATH WARM?**

I **Ideation** (*which means: the process of forming and relating ideas*)

Threatening to hurt or kill him/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.

S **Substance Abuse**

Increased substance (alcohol or drug) use

P **Purposelessness**

No reason for living; no sense of purpose in life

A **Anxiety**

Anxiety, agitation, unable to sleep or sleeping all the time

T **Trapped**

Feeling trapped (like there's no way out)

H **Hopelessness**

Despair, desperation, depression

W **Withdrawal**

Withdrawal from friends, family and society

A **Anger**

Rage, uncontrolled anger, seeking revenge

R **Recklessness**

Acting reckless or engaging in risk activities, seemingly without thinking

M **Mood Change**

Dramatic mood changes