Warning Signs and Risk Factors of Suicide

**• Threatens to hurt or kill him or herself; or talks of wanting to hurt or kill him or herself; and/or**

**• Looks for ways to kill him or herself by seeking access to firearms, pills, or other means; and/or**

**• Talks or writes about death, dying or suicide, when these actions are out of the ordinary.**

**If your friend somehow indicates or communicates suicidal thoughts, get help immediately from a mental health professional or a professional in a hospital emergency department, or call 9-1-1.**