

Verbal	Behavioral	Environmental
Talks about attempting/committing suicide	Has attempted suicide before	Previous suicide attempts by family member or friend
Threats to hurt or kill oneself	Looking for ways to kill oneself	Problems at school/work
Talking or writing about death, dying or suicide	Feeling hopeless or trapped	Family Violence
Makes direct statements like:	Experiences drastic changes in behavior or dramatic mood changes	Sexual Abuse
"I don't want to live anymore"	Withdraws from friends, family and/or society	Major family change
"I want to die"	Withdraws from social activities	Major life change
"Life sucks and I want to get out"	Feeling anxious, agitated, or unable to sleep, or sleeping all the time	
Makes indirect statements like:	Loses interest in hobbies, work, school, etc.	
"I want to go to sleep and never wake up"	A decrease in school or job performance	
"They'll be sorry when I'm gone"	Prepares for death by making out will and final arrangements	
"Soon the pain will be over"	Gives away prized possessions	
"I hate myself"	Feeling rage or uncontrolled anger or seeking revenge	
"Does it hurt to die?"	Has had recent severe losses	
"I won't be a problem to you much longer"	Is preoccupied with death and dying	
"It's no use"	Loses interest in their personal appearance	
"I wish I was never born"	Increase in drug and/or alcohol use	
" I won't see you again"	Suffers from depression	
"Nothing matters"	Lack of energy	
	Difficulty concentrating or making decisions	
	Anger and destructive behavior	
	Confusion	
	Self mutilation - cutting, burning, etc.	
	Acts bored or disinterested	
	Seeing no reason for living, or having no sense of purpose in life	
	Acting reckless or engaging in risky activities - seemingly without thinking	