

Suicide Warning Signs and What to Do

Suicide Warning Signs - Be concerned if someone you know:

- Talks about committing suicide
- Has trouble eating or sleeping
- Exhibits drastic changes in behavior
- Withdraws from friends or social activities
- Loses interest in school, work or hobbies
- Prepares for death by writing a will and making final arrangements
- Gives away prized possessions
- Has attempted suicide before (number one risk factor)
- Takes unnecessary risks
- Has recently experienced serious losses
- Seems preoccupied with death and dying
- Loses interest in his or her personal appearance
- Increases alcohol or drug use.
- Depression
 - Hopelessness

What to Do If You Suspect Someone May Be Suicidal:

Be Willing to Listen

- Start by telling the student that you are concerned and give them examples of your concern.
- Ask whether they are considering suicide. "Are you thinking of killing yourself?" or "Are you thinking of hurting yourself?"
 - If the answer is "Yes," ask, "Do you have a plan?" (If the answer is "Yes," ask about timing, location, lethality, and means.)
 - If the intention to complete the plan appears imminent, call 911 and then Public Safety, 425.466.9365.
 - Complete a CARE Team referral form: <https://www.bellevuecollege.edu/reportconcerns/>
- Do not attempt to argue the student out of suicide. Rather, let the student know you care, that they are not alone, that suicidal feelings are temporary and that depression can be treated. Avoid the temptation to only say, "You have so much to live for" or "Everything will be okay."
- Do not leave the student alone.
- Remove from the vicinity any firearms, drugs or sharp objects that could be used for suicide.
- If there is no imminent risk, refer to Bellevue College Counseling Center, 425.564.5747, <https://www.bellevuecollege.edu/counseling/>

Resources

- National Suicide Prevention Lifeline at 1-800-273-TALK (8255).
 - This government hotline connects individuals in suicidal crisis to their nearest suicide prevention and mental health service provider.
- Local King County Suicide Hotline: 866-427-4747