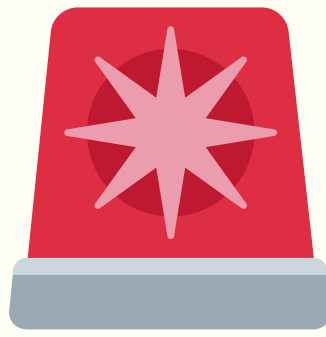

RECKLESS BEHAVIOR

- Reckless driving
- Drug/alcohol abuse
- Risky/unprotected Sexual Behaviors
- Thoughtless Actions
- Giving away belongings



Warning Signs for Suicidal Ideation



Franklin, Joseph C. et al. (2017). "Risk factors for suicidal thoughts and behaviors: A meta-analysis of 50 years of research." *Psychological Bulletin* 143 (2): 187–232. doi:10.1037/bul0000084

ISOLATION

- Feeling distant from family and friends
- Lack of interest in usual activities (anhedonia)
- Purposely removing self from social situations

CHANGES IN MOOD

- Feelings of hopelessness or despair
- Inability to regulate emotions
- Rage seeking Behaviors
- Feeling burdensome
- Overwhelming emotions
- Increased agitation
- Distress

SOCIAL MEDIA

Posts or comments related to:

- Feelings of hopelessness
- Suicide/dying
- Thoughts on death
- Lack of purpose in life

CONCERNING COMMENTS

- Any sort of comment about hurting or killing themselves.
- Increased curiosity about medications, weapons, suicide in general.
- Self-depriving comments