

# SUICIDE WARNING SIGNS

## Division of Mental Health & Addiction Services

A service provided by the Camden County Board of Freeholders

**wellness/recovery/prevention**  
laying the foundation for healthy communities, together

TALKING ABOUT SUICIDE	Any talk about suicide, dying or self-harm, such as “I wish I hadn’t been born,” “If I see you again,” “I’d be better off dead.”
SEEKING OUT LETHAL MEANS	Seeking access to guns, pills, knives, or other objects that could be used in suicide attempt.
PREOCCUPATION WITH DEATH	Unusual focus on death, dying or violence. Writing poems or stories about death.
NO HOPE FOR THE FUTURE	Feelings of helplessness, hopelessness, and being trapped (“There’s no way out”). Belief that things will never get better or change.
SELF-LOATHING, SELF-HATRED	Feelings of worthlessness, guilt, shame, and self-hatred. Feeling like a burden (“Everyone would be better off without me”).
GETTING AFFAIRS IN ORDER	Making out a will. Giving away prized possessions. Making arrangements for family members.
SAYING GOODBYE	Unusual or unexpected visits or calls to family and friends. Saying goodbye to people as if they won’t be seen again.
WITHDRAWING FROM OTHERS	Withdrawing from friends and family. Increasing social isolation. Desire to be left alone.
SELF-DESTRUCTIVE BEHAVIOR	Increased alcohol/drug use, reckless driving, unsafe sex. Taking unnecessary risks as if they have a “death wish.”
SUDDEN SENSE OF CALM	A sudden sense of calm and happiness after being extremely depressed can mean that the person has made a decision to commit suicide.

**HELP IS ALWAYS AVAILABLE 24 HOURS, 7 DAYS A WEEK!**

NJ Suicide Prevention HopeLine: 1-855-654-6735 (1-855-Hopel)

National Suicide Prevention Lifeline: 1-800-273-TALK (8225)

NJ Mental Health Cares: 1-866-202-HELP (4357)

Veterans Crisis helpline: 1-866-VETS-NJ 4U

Camden County Crisis line: (856) 428-HELP (4357)

In an emergency call: 911

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Making It Better, Together.