

SUICIDAL WARNING SIGN CHECKLIST

DEPRESSIVE SYMPTOMS:

- ___ Insomnia
- ___ Eating Disorders
- ___ Loss of Sex Drive
- ___ Hyperactivity; Lack of Energy
- ___ Apathy
- ___ Social Withdrawal
- ___ Easy Discouragement
- ___ Dwelling on Problems
- ___ Low Self-Esteem
- ___ Guilt
- ___ Anger; Hostility
- ___ Helplessness
- ___ Hopelessness
- ___ Tearfulness
- ___ Somatic Complaints
- ___ Memory Impairment

VERBAL WARNINGS

- ___ I'm going to kill myself.
- ___ I wish I were dead.
- ___ The only way out for me is to die.
- ___ Life has lost its meaning for me.
- ___ It's just too much to put up with.
- ___ Nobody needs me anymore.
- ___ I just can't go on any longer.

BEHAVIORAL WARNINGS

- ___ Previous suicide attempts
- ___ Giving away cherished objects in a casual manner
- ___ Poor adjustment to the recent loss of a loved one
- ___ Composing suicide notes
- ___ Writing a will
- ___ Asking about donating their body to science
- ___ Sudden and inexplicable recovery from severe depression
- ___ Purchasing or acquiring a gun or other lethal weapon
- ___ Engaging in risk-taking behaviors, such as driving too fast