

How do you Remember the Warning Signs of Suicide?

Here's an Easy-to-Remember Mnemonic:

IS PATH WARM?

I	Ideation
S	Substance Abuse
P	Purposelessness
A	Anxiety
T	Trapped
H	Hopelessness
W	Withdrawal
A	Anger
R	Recklessness
M	Mood Change

A person in acute risk for suicidal behavior most often will show:

Warning Signs of Acute Risk:

- Threatening to hurt or kill him or herself, or talking of wanting to hurt or kill him/herself; and/or,
- Looking for ways to kill him/herself by seeking access to firearms, available pills, or other means; and/or,
- Talking or writing about death, dying or suicide, when these actions are out of the ordinary.

These might be remembered as expressed or communicated **IDEATION**. If observed, seek help as soon as possible by contacting a mental health professional or calling 1-800-273-TALK (8255) for a referral.

Additional Warning Signs:

Increased **SUBSTANCE** (alcohol or drug) use
No reason for living; no sense of **PURPOSE** in life
ANXIETY, agitation, unable to sleep or sleeping all the time
Feeling **TRAPPED** - like there's no way out
HOPELESSNESS
WITHDRAWING from friends, family and society
Rage, uncontrolled **ANGER**, seeking revenge
Acting **RECKLESS** or engaging in risky activities, seemingly without thinking
Dramatic **MOOD** changes

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These warning signs were compiled by a task force of expert clinical-researchers and 'translated' for the general public.