

Northwest Portland Area Indian Health Board  
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[www.npaihb.org](http://www.npaihb.org)



*"Community is the healer that breaks the silence."*

## **SUICIDE WARNING SIGNS**

*Get help if you or someone you know has any of the following signs:*

- Acting reckless or engaging in risky activities
  - Increasing alcohol or drug use
- Withdrawing from friends, family, and society
  - Feeling rage or uncontrolled anger
- Feeling anxious, agitated or unable to sleep
  - Experiencing dramatic mood changes
  - Threatening to hurt or kill oneself
    - Feeling hopeless
  - Looking for ways to kill oneself
    - Feeling trapped
- Talking or writing about death, dying, or suicide
  - Seeing no reason for living

## **HOW TO HELP:**

- Stay calm & listen
- Let the person talk about their feelings
  - Be accepting, don't judge
- Ask if the person has suicidal thoughts
  - Take threats seriously
  - Don't swear secrecy

## **GET HELP:**

Lifeline: 1-800-273-TALK

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Or contact local doctors, mental health services,  
family, friends, teachers or clergy.