

Recognize Suicide's Warning Signs

Most Americans who take their own lives are working-age people. Yet workplaces are often unprepared to deal with this crisis.

Suicidal distress can be triggered by psychological, environmental and social factors. Mental illness is the leading risk factor for suicide. The risk factors vary with age, gender, ethnic group, family dynamics and stressful life events.

If someone you know talks about suicide, take it seriously. Learn the danger signals.

Be concerned if someone:

- * Talks about committing suicide
- * Has trouble eating or sleeping
- * Exhibits drastic changes in behavior
- * Withdraws from friends or social activities
- * Loses interest in work, school or hobbies
- * Prepares for death by writing a will and making final arrangements
- * Gives away prized possessions
- * Has attempted suicide before
- * Takes unnecessary risks
- * Has recently experienced serious losses
- * Seems preoccupied with death and dying
- * Loses interest in his or her personal appearance
- * Increases alcohol or drug use

For information on suicide prevention, visit these websites:

[L.A. County Youth Suicide Prevention Project](#)

[American Association of Suicidology](#)

If you would like to talk with someone confidentially, contact EASE at **800/882-1341**.



“Strength is the courage...to reach out!”