

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.