



## Warning signs of a risk for suicide attempt

Below are some of the warning signs someone who is at risk for suicide may display:

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often

## Resources for help

- National Suicide Prevention Lifeline:
  - Call: **1-800-273-TALK (8255)**
  - Text: **HOME** to **741741**.
- **[bcbsm.com/mentalhealth](https://www.bcbsm.com/mentalhealth)**
- American Foundation for Suicide Prevention — **[afsp.org](https://www.afsp.org)**\*
- University of Michigan Depression Center — **[Depressioncenter.org/toolkit](https://www.depressioncenter.org/toolkit)**\*
- Employee assistance program

\*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control this website.