

Warning Signs of Suicide

Below are some signs that may indicate a person is thinking about suicide. If you know someone who exhibits any of these, there are a number of things you can do. Talk to the individual and use the resources below. Just do something.

- Recently depressed or appearing hopeless
- Suffering loss of a loved one
- Being gravely ill
- Crushing financial loss
- Recently dumped by spouse or partner
- Acting reckless or engaging in risky activities that are out of character
- Talking about feeling trapped or having no way out
- Giving away valuable possessions
- Increasing alcohol or drug use
- Withdrawing from friends, family and community
- Admiring people who have died by suicide
- Talking about feeling anxious, agitated, unable to sleep or sleeping all the time
- Showing rageful behaviors and/or dramatic mood changes
- Talking about having no reason for living or no sense of purpose in life
- Making a threat or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, pills or other means
- Talking, writing or drawing about death, dying or suicide when these actions are out of character

Resources for Help

If anyone is in danger, a call to 911 emergency services is usually the best option.

Family of Woodstock, Inc. Hotline: (845) 679-2485 or (845) 338-2370

Ulster County Mobile Mental Health - ACCESS: Supports for Living: (844) 277-4820

Ulster County SPEAK mobile app is a free smartphone app which gives users an accessible resource to help recognize the warning signs of suicide and the ability to immediately connect to expert assistance. Download from Google Play or the iTunes store.

Qr Code
for
Android



Qr Code
for
iTunes

National Suicide Prevention Lifeline, 1-800-273-8255 This free, 24-hour hotline is available to anyone in suicidal crisis or emotional distress. Press 1 for Veterans assistance. Para español, oprima 2. <http://www.suicidepreventionlifeline.org/>

Trevor Project 1-866-488-7386: Crisis intervention and suicide prevention for LGBTQ youth. www.TrevorProject.org

PreventSuicideNY.org: SPCNY supports state and local actions to reduce suicide attempts and suicides in NY State and the recovery of persons affected by suicide.



Ulster County SPEAK: Suicide Prevention Education, Awareness and Knowledge

UlsterCountySPEAK.org