His Warning Signs

Adult men are more likely to die by suicide than any other group of people. Between 2010 and 2014, over 2,000 adult men in Missouri between the ages of 35 and 64 have died by suicide (CDC WISQARS, 2015). The factors that lead one to think about, plan for, and carry out suicide can vary from one person to the next. There are common warning signs that need to be taken very seriously. Watch for recent changes in behavior and/or mood.

What are the warning signs? It is important to be able to recognize the warning signs and know how to seek help (American Foundation for Suicide Prevention, 2016).
- Does he talk about being a burden to others?
- Has he lost interest in activities he used to enjoy?
- Does he complain of being in pain?
- Is he drinking more alcohol or using drugs?
- Does he talk about not having a reason to live?
- Is he isolating himself from family and friends?
- Does he have difficulty sleeping or has his sleeping patterns changed?
- Is he unusually irritable or quick to anger?
- Does he search the internet on how to die by suicide?
- Has he said he wants to die?
- Is he experiencing dramatic mood changes?
- Does he engage in risky behaviors (i.e. reckless driving)?
- Is he giving away possessions that used to mean a lot to him?

What to do if some of these warning signs apply to someone you know: Remain calm. Don’t be afraid to talk about suicide. Listen to and acknowledge what he is thinking and feeling. Don’t try to cheer him up but do let him know you care and understand. Don’t make promises about not telling anyone. See if it is possible to remove lethal means like guns from the house - maybe he has a relative who can take them. Help connect him to a trusted individual like a family member, friend, pastor, counselor, or family doctor. The National Suicide Prevention Lifeline 1-800-273-8255 can connect you to a trained counselor in your area and is available 24/7. If there is immediate danger, call 911.

Suicide is very much preventable. For more information, go to HelpHimStay.org.