



## Signs of Depression & Possible Suicide Risk

**Talking About Dying** – any mention of dying, disappearing, jumping, shooting oneself, or other types of self harm

**Recent Loss** – through death, divorce, separation, broken relationship, loss of job, money, status, self-confidence, self-esteem, loss of religious faith, loss of interest in friends, sex, hobbies, activities previously enjoyed

**Change in Personality** – sad, withdrawn, irritable, anxious, tired, indecisive, apathetic

**Change in Behavior** – can't concentrate on routine tasks, school, work

**Change in Sleep Patterns** – insomnia, often with early waking or oversleeping, nightmares

**Change in Eating Habits** – loss of appetite and weight, or overeating

**Diminished Sexual Interest** – impotence, menstrual abnormalities (often missed periods)

**Fear of Losing Control** – going crazy, harming self or others

**Low Self Esteem** – feeling worthless, shame, overwhelming guilt, self-hatred, "everyone would be better off without me"

**No Hope for the Future** – believing things will never get better; that nothing will ever change

**REMEMBER: The risk of suicide may be greatest as the depression lifts.**

*Adapted from San Francisco Suicide Prevention <http://www.sfsuicide.org/html/warning.html>*