

# KNOW THE SIGNS



Suicidal signs may reveal themselves in conversation, through actions or even social media posts. If you recognize the following signs, reach out and speak up.

- Talking, discussing, fixating on death or suicide
- Giving away valuable or meaningful possessions
- Having reckless and dangerous behavior
- Increasing the use of alcohol and/or drugs
- Sleep issues, too much or too little
- Not taking basic care of self
- Having a history of suicide attempts
- Putting personal business in order
- Neglecting doctor's orders
- Increased anger & intensified mood swings
- Withdrawing, isolating and disconnecting from others

Your EAP is here for you & we can help. Contact us today.

**800-EAP-4YOU (800-327-4968)**

**TTY: 877-492-7341 | [EAP4YOU.com](http://EAP4YOU.com)**