



EAP and
organizational
health

Recognizing the warning signs of suicide

Knowing how to spot them means being able to act in time



Emotional signs

- Symptoms of depression
- Irritability
- Mood changes
- Displays of anger
- Anxiety
- False beliefs



Cognitive signs

- Difficulty concentrating
- Sudden incoherence and confusion in speech
- Rumination on difficulties
- Lack of motivation
- Memory loss



Behavioural signs

- Changes in behaviour
- Giving away personal belongings
- Farewell letter or message
- Sudden interest in suicide and its methods
- Isolation
- Sudden calm after a period of distress
- Neglected appearance



Direct and indirect verbal messages

- "I want to end my life"
- "I'm going to kill myself"
- "I've lost the will to live"
- "Life isn't worth living anymore"
- "I'll never get through this"
- "You'd be better off without me"
- "Soon, you'll finally have some peace"

Worried about yourself or a loved one?

Contact Brio EAP: scan the QR code.

Need help now? Text or call: 988 · suicide.ca · 1-866-APPELLE (277-3553) · Text: 535353

In case of immediate danger, call 911

Source: suicide.ca

