

**COVID-19** (Coronavirus)

# Suicide Warning Signs

If you or a loved one are experiencing any of these,  
Call National Suicide Prevention Lifeline 800-273-8255

Talking about wanting to die or to kill themselves

Acting anxious or agitated; behaving recklessly

Looking for a way to kill themselves

Sleeping too little or too much

Talking about feeling hopeless or having no reason to live

Withdrawing or isolating themselves

Talking about feeling trapped or in unbearable pain

Showing rage or talking about seeking revenge

Talking about being a burden to others

Extreme mood swings

Increasing the use of alcohol or drugs

Suddenly seeming much better after a period of severe depression



**It is okay to ask for help.**

**Spread the Facts**

[coronavirus.wa.gov](https://coronavirus.wa.gov)