

# WARNING SIGNS OF SUICIDE

You can't have your partner's back unless you know what to look for.

Officers dealing with significant stress may show signs of having suicidal thoughts. Below is a list of warning signs and risk factors that can help you identify distress in yourself and fellow officers.



## 1 High Risk Signs



Expressing hopelessness or lack of purpose



Talking about wanting to die or to kill oneself and/or seeking ways to do that



Talking about being a burden to others



## 2 Additional Warning Signs

Sleeping too little or too much



Feeling as though one's pain or stressors are inescapable



Withdrawing or feeling isolated



Displaying extreme mood swings



Increasing the use of alcohol or drugs



Acting agitated or reckless



Showing rage or talking about seeking revenge



## 3 Life Events Increasing Risk

The following situations can prompt a suicidal crisis:



1 End of a relationship

2 Death of a loved one, friend, or colleague

3 Chronic, insufficient sleep

4 Significant traumatic event/acute stressors

5 Serious injury and/or diagnosis of serious illness

6 Serious financial, occupational, or legal problems

7 Major work changes such as duty changes or retirement



### Resources:

- Call 988 for immediate help
- Copline: 1-800-267-5463

### Sources:

Chae, M. H., and D. J. Boyle. "Police Suicide: Prevalence, Risk, and Protective Factors." *Policing: An International Journal of Police Strategies & Management* 36, no. 1 (2013): 91-118. <https://doi.org/10.1108/13639511311302498>.

Violanti, J. M., and S. Samuels. *Under the Blue Shadow: Clinical and Behavioral Perspectives on Police Suicide*. Springfield, IL: Charles C. Thomas Publishers, 2007.