



Suicide Awareness and Prevention

How to Know If Someone Is at Risk

The American Association of Suicidology created a popular mnemonic to use as a guide for recognizing the warning signs of suicide: **IS PATH WARM**

Ideation

Substance Abuse

Purposelessness

Anxiety

Trapped

Hopelessness

Withdrawal

Anger

Recklessness

Mood Changes

What to Do If You or Someone You Know Is Contemplating Suicide

If you recognize the above signs in yourself or someone you know, reaching out for help or offering support can make a difference. Immediate support is available; talk to someone and get help now.

- Call the **Suicide Prevention helpline: 1-800-273-8255**
- Talk to a friend or family member
- Speak with a medical professional
- Find a safe place to be with other people
- Go to the nearest hospital emergency room
- Call 9-1-1
- Contact your Employee Assistance Program