

# SIGNS OF SUICIDE

You have a friend who's been using marijuana and seems to be struggling. How would you know if he or she is suicidal? Remember the acronym **C - A - R - E** and watch for these **FOUR SIGNS OF SUICIDE**:



**JOHNNY'S**  
AMBASSADORS

## CIRCUMSTANCES

### (LIFE SITUATIONS)

- Divorce of parents
- Relationship breakup
- Bullying

## ACTIONS

### (BEHAVIORS)

- Giving treasured items away
- Reaching out to loved ones to say goodbye
- Suddenly wanting to be closer to God

## REMARKS

### (WORDS)

- "People would be better off without me."
- "I'm not going to be around to see it."
- "I'm done."

## EMOTIONS

### (FEELINGS)

- Extreme sadness or crying
- Depressed state or hopelessness
- Suddenly happy after period of sadness

**IF YOU HAVE EVER  
CONSIDERED SUICIDE OR  
KNOW SOMEONE WHO HAS,  
WHERE COULD YOU GO  
TO GET HELP?**

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

Research: [www.nimh.nih.gov/health/publications/warning-signs-of-suicide](http://www.nimh.nih.gov/health/publications/warning-signs-of-suicide)