

# WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

## TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

## FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

## CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

**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.**

**988 Suicide & Crisis Lifeline**  
Call or text 988  
Chat at [988lifeline.org](https://988lifeline.org)

**Crisis Text Line**  
Text "HELLO" to 741741



**NIH** National Institute  
of Mental Health

[nimh.nih.gov/suicideprevention](https://nimh.nih.gov/suicideprevention)

# Why Suicide

**Michael Brown**



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## **Table of Contents Why Suicide**

1. Understanding the eBook Why Suicide
  - The Rise of Digital Reading Why Suicide
  - Advantages of eBooks Over Traditional Books
2. Identifying Why Suicide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Why Suicide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Why Suicide
  - Personalized Recommendations

- Why Suicide User Reviews and Ratings
- Why Suicide and Bestseller Lists
- 5. Accessing Why Suicide Free and Paid eBooks
  - Why Suicide Public Domain eBooks
  - Why Suicide eBook Subscription Services
  - Why Suicide Budget-Friendly Options
- 6. Navigating Why Suicide eBook Formats
  - ePub, PDF, MOBI, and More
  - Why Suicide Compatibility with Devices
  - Why Suicide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Why Suicide
  - Highlighting and Note-Taking Why Suicide
  - Interactive Elements Why Suicide
- 8. Staying Engaged with Why Suicide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Why Suicide
- 9. Balancing eBooks and Physical Books Why Suicide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Why Suicide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Why Suicide
  - Setting Reading Goals Why Suicide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Why Suicide
  - Fact-Checking eBook Content of Why Suicide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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