

# Suicide Warning Signs Checklist

A Veteran who is thinking about suicide may demonstrate these behaviors. Do any of these apply to the Veteran you care for?

**Yes**      **No**

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Talk about feeling trapped – like there is no way out of a situation.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Talk of a suicide plan or make a serious attempt.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Talk, write, or draw pictures about death, dying, or suicide.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Talk about suicide in a vague or indirect way.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Give away things that are special.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Try to get guns, pills, or other means of harming oneself.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Call old friends, particularly military friends, to say goodbye.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Clean a weapon that they may have as a souvenir.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Become obsessed with coverage of the war or the Military Channel.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Talk about how honorable it is to be a soldier.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Become overprotective of children and the home.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Act recklessly or violently, such as punching walls or getting into fights.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Use more alcohol, tobacco, or pain pills.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Suddenly change; for example, changing from being very sad to being very calm or appearing to be happy, as if suddenly everything is okay. |