



A SAFE SPACE FOR
PERSONAL GROWTH AND RENEWAL

YOU DO NOT HAVE TO CARRY THIS MOMENT ALONE

Suicide Warning Signs & Support

A compassionate companion resource for noticing warning signs, asking directly, and helping someone reach the next safe moment.





START HERE

THIS GUIDE IS FOR HUMAN PAIN

Pain does not have one face, one age, one diagnosis, or one kind of loss. A man may keep going to work while privately feeling overwhelmed. A woman may continue caring for everyone else while struggling to name her own despair. A child or teenager may not yet have the words for what is happening inside. Someone living with chronic pain, serious illness, disability, grief, caregiving exhaustion, relationship loss, or financial strain may feel as though the future has narrowed.

None of those experiences means a person is automatically suicidal. They do mean that changes in words, behavior, mood, connection, or hope deserve our attention. This guide is here to help you notice without assuming, ask without shaming, and connect someone with qualified support.

Need support now?

If you are thinking about suicide, feel unsafe with your thoughts, or are afraid you may hurt yourself, call or text 988, or chat at 988lifeline.org.

If there is immediate life-threatening danger or a medical emergency, call 911 or go to the nearest emergency department.

If you are a child or teen, tell a trusted adult too - a parent, caregiver, teacher, school counselor, pediatrician, coach, or another safe adult.

You do not have to explain everything perfectly before you are allowed to ask for help.

Read slowly. You do not have to take in every page at once.



01 NOTICE

Warning signs matter most when they are new, increasing, or connected to a painful event, loss, illness, or major life change. One sign by itself does not prove that someone is suicidal. A pattern, a shift, or a statement that concerns you is enough reason to pause and ask.

- Talking about wanting to die or not wanting to live
- Expressing hopelessness or feeling trapped
- Saying they are a burden to others
- Describing unbearable emotional or physical pain
- Withdrawing significantly from people or activities
- Giving away meaningful belongings
- Unexpectedly saying goodbye
- Sleeping or eating much more or much less
- Using alcohol or drugs more often
- Becoming unusually agitated, angry, reckless, or withdrawn
- Showing extreme changes in mood
- Making a plan or researching ways to die

These signs are not a verdict. They are a reason to pay attention and ask.



LISTEN CAREFULLY

TO THE WORDS BENEATH THE WORDS

People do not always say, “I am thinking about suicide.” Sometimes what we hear instead is:

“I can’t do this anymore.”

“I just want everything to stop.”

“Nothing is going to change.”

“There is no way out.”

“Everyone would be better off without me.”

“I don’t want to wake up anymore.”

Statements like these are not proof. But they deserve more than a quick reassurance or a change of subject. They are an invitation to ask another question and make room for the answer.

Listening is not the same as fixing. Sometimes it is the first place a person feels safe enough to tell the truth.



02 ASK

You can ask directly:

“Are you thinking about suicide?”

Asking directly about suicide does not cause someone to become suicidal or put the idea into their mind. A clear question can open a conversation that someone may have been frightened, ashamed, or unsure how to begin.

You might begin with: “I’ve noticed some changes, and I care about you.” Or: “You’ve said a few things that have concerned me.” Then ask directly and allow room for the answer.

If the answer is yes

Stay calm enough to keep listening. You do not need the perfect response.

If you can do so safely, stay with the person while you connect them with 988, a licensed mental health professional, a physician, a trusted adult, or another appropriate support person.

If they are in immediate life-threatening danger, call 911 or go to the nearest emergency department.

A direct question can make room for an honest answer.



03 STAY & CONNECT

If someone tells you they are having suicidal thoughts, you are not expected to become their counselor. Your role is to help move the moment toward safety and qualified support.

- Listen without judgment. Try: “I’m glad you told me.” “I am listening.” “You do not have to handle this moment alone.”
- Avoid arguing with their pain, offering guilt, comparing their situation with someone else’s, or immediately searching for a positive side.
- Help them connect with 988, a licensed mental health professional, physician, trusted family member, trusted friend, school counselor, pediatrician, or another appropriate support person.
- When it can be done safely, help create distance from highly lethal means or places.
- If someone tells you they intend to kill themselves, do not leave them alone and do not promise to keep suicidal intent secret.
- Follow up after the most intense moment passes. A call tomorrow or a text next week can still matter.

Care can be steady without becoming responsible for another person’s entire outcome.



04 GET HELP

Call or text 988, or chat through 988lifeline.org.

The 988 Suicide & Crisis Lifeline offers 24/7 support throughout the United States. You can contact 988 for yourself or because you are worried about someone else. A trained crisis counselor can listen, ask about safety, provide support, and help identify next steps.

If there is immediate life-threatening danger or a medical emergency, call 911 or go to the nearest emergency department.

FOR PARENTS, CAREGIVERS & TRUSTED ADULTS

WHEN THE PERSON HURTING IS YOUNG

Children and teens may not always have language for despair, and changes in mood or behavior can have many causes. Do not diagnose from the outside. Do take concerning statements seriously. Ask directly, stay present, involve a parent or guardian when appropriate, and connect the young person with a pediatrician, school counselor, licensed mental health professional, 988, or emergency care when needed.

A young person does not need to carry an adult-sized decision alone.



IF THIS PAGE IS ABOUT YOU

YOU ARE ALLOWED TO REACH FOR HELP

Maybe you opened this guide because you were worried about someone else and recognized yourself along the way. Perhaps grief has changed your world. Perhaps illness, chronic pain, disability, caregiving, relationship loss, work, money, loneliness, or something you cannot yet name has become heavier than you know how to carry.

You do not have to prove that what you are carrying is painful enough. You do not need a diagnosis or a polished explanation. You can begin with one sentence:

“I am having thoughts that frighten me, and I need someone with me.”

“I don’t feel safe being alone with my thoughts right now.”

“I need help.”

My support people

Someone I can call: _____

Another person I trust: _____

My healthcare or mental health provider: _____

A safe adult or school support person (if I am under 18): _____



A NOTE FROM

COACH WINONA

You do not have to find the perfect thing to say when someone you care about is hurting. Notice. Ask. Listen. Help them connect with support. And afterward, check in again.

Sometimes the first shift comes when someone realizes they no longer have to hide what they are carrying.

— Coach Winona Trauma-Informed Integrative Wellness Coach & Grief Counselor

NEED SUPPORT NOW?

Call or text 988, or chat through 988lifeline.org.

If there is immediate life-threatening danger or a medical emergency, call 911 or go to the nearest emergency department.

EDUCATIONAL & CRISIS-SUPPORT DISCLAIMER

This resource is provided by IndigoKoi Wellness, LLC for educational and supportive purposes. It is not suicide-risk assessment, psychotherapy, diagnosis, medical treatment, emergency intervention, or a substitute for care from a licensed medical or mental health professional. If suicidal thoughts or emotional crisis are present in the United States, call or text 988, or chat through 988lifeline.org. For an immediate life-threatening emergency, call 911 or seek emergency medical care.

Sources reviewed: National Institute of Mental Health (5 Action Steps to Help Someone Having Thoughts of Suicide; Frequently Asked Questions About Suicide) • 988 Suicide & Crisis Lifeline (Warning Signs; What to Expect) • SAMHSA (988 FAQs; Crisis Help) • CDC (Risk and Protective Factors for Suicide) • Anxiety & Depression Association of America (Suicide resources).

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