

## Warning Signs Worksheet

*Please complete the phrases to describe warning signs that we can look for in our Wingman, to tell when they are having troubles, or might be at risk of committing suicide.*

1. Disrupted \_\_\_\_\_ patterns
2. \_\_\_\_\_ from friends and loved ones
3. Losing \_\_\_\_\_ in things that \_\_\_\_\_ to them.
4. Extreme self-\_\_\_\_\_ thoughts.
5. Feeling like they don't \_\_\_\_\_-in or \_\_\_\_\_  
anywhere
6. Extreme self-\_\_\_\_\_; giving up points of  
\_\_\_\_\_; lack of \_\_\_\_\_ in life
7. Feeling like they are a \_\_\_\_\_ to others
8. Sudden or unexplained \_\_\_\_\_ changes for the better
9. Actually \_\_\_\_\_ about wanting to kill themselves
10. Looking for access to lethal means