

# Maternal Suicide Warning Signs

Distinguish between the short-term "baby blues" and a more serious crisis.  
Look for these signs in yourself or a loved one. Know the Warning Signs

## What You See (Behavioral)

- Withdrawing from family & friends
- Neglecting personal hygiene
- Increased use of alcohol/drugs
- Giving away possessions
- Extreme changes in sleep
- Looking for ways to end their life
- **A sudden sense of calm after deep depression can be an urgent warning sign.**

## If You Are Struggling:

- Contact your doctor, OB/GYN, or a therapist.
- Call or Text 1-833-TLC-MAMA (1-833-852-6262) for free, confidential support and resources 24/7.
- Call 988 or 911 if you are having thoughts of harming yourself or someone else.

## What You Hear (Verbal)

"My family would be better off without me."  
"I feel like such a burden."  
"I just can't do this anymore."  
"I feel like a failure as a mother."  
"I wish I could just disappear."

## What You Feel (Emotional)

- Overwhelming sadness, guilt, or worthlessness
- Intense anger, rage, or irritability
- Feeling numb or "in a fog"
- Severe mood swings
- Constant worry or panic attacks
- Difficulty bonding with the baby

## Worried About Someone? Take Action:

- Ask directly "Are you feeling ok? Are you having thoughts of hurting yourself?" It shows you care and are willing to talk.
- Listen Without Judgment. Let them know they are not a burden.
- Remove Dangers. Secure any firearms, weapons, or medications.
- Have someone else take charge of the children.
- Do not leave them alone. Get help immediately **call 988 or 911.**

**Your actions may save a life.**

**Learn more at  
[isMOMok.org](https://isMOMok.org)**

