

Understanding My Warning Signs



Changes in thoughts, feelings, behaviour or circumstances can sometimes tell us that distress is increasing. Noticing your own signs earlier can help you reach for support sooner.



THOUGHTS

You may notice more hopeless, trapped or overwhelmed thinking; thoughts about escaping; increased self-criticism; or suicidal thoughts becoming more frequent or intense.



FEELINGS & BODY

You might notice intense distress, numbness, agitation, exhaustion, anxiety, anger, disconnection or changes in sleep and appetite.



BEHAVIOUR

Changes might include withdrawing, stopping usual routines, increased alcohol or drug use, difficulty caring for yourself, or urges to self-harm becoming stronger.



SITUATIONS & PRESSURES

Conflict, loss, isolation, trauma reminders, major change, feeling rejected or overwhelmed, or other stressful events may make coping more difficult.

WARNING SIGNS ARE PERSONAL

Your warning signs may be different from someone else's, and they may change over time. The aim is not to monitor yourself perfectly - it is to notice patterns that can help you respond earlier.

You do not need to wait until things feel unbearable.

Recognising a change can be a cue to connect with support.

My Warning Signs



Use the prompts below to identify changes that can tell you distress is increasing. You can complete this gradually or with your psychologist or another trusted support person.

CHANGES IN MY THOUGHTS

What thoughts tend to show up when things are getting harder for me?

CHANGES IN MY FEELINGS OR BODY

What emotions, physical sensations, sleep or energy changes do I notice?

CHANGES IN MY BEHAVIOUR

What do I start doing more of, less of, or differently when I am struggling?

SITUATIONS THAT CAN MAKE THINGS HARDER

Are there particular situations, pressures, reminders, losses or conflicts that increase my distress?

EARLY SIGNS THAT TELL ME TO REACH OUT

What tells me it would be helpful to contact someone, use my safety plan or seek extra support?

SIGNS THAT TELL ME I NEED SUPPORT NOW

What changes tell me I should not manage this alone and need immediate support?

If you are in immediate danger or cannot keep yourself safe

Call 000 or go to your nearest Emergency Department. Lifeline 13 11 14 | Suicide Call Back Service 1300 659 467