



## Suicide Warning Signs

### Conditions associated with increased risk of suicide

- Death or terminal illness of relative or friend,
- Divorce, separation, broken relationship, stress on family,
- Loss of health (real or imaginary),
- Loss of job, home, money, status, self-esteem, personal security,
- Alcohol or drug abuse,
- Depression – In the young, depression may be masked by hyperactivity or acting out behavior. In the elderly it may be incorrectly attributed to the natural effects of aging. Depression that seems to quickly disappear for no apparent reason is cause for concern. The early stages of recovery from depression can be a high-risk period. Recent studies have associated anxiety disorders with increased risk for attempted suicide.

### Warning Signs in Teens:

- Withdrawal or isolation, especially if your child has always been gregarious and outgoing
- Signs of self-mutilation
- Violent behavior such as punching holes in walls, getting into fights or self-destructive violence
- A consistent pattern of running away from home
- A significant change in sleeping patterns: suddenly sleeps all the time or doesn't sleep at all
- Neglect of personal appearance (most adolescents always want to look their best even if their idea of looking good is completely at odds with yours)
- Lingering lethargy, a drop-off in school work, loss of interest in school
- Loss of interest in recreational activities
- Lack of interest in praise or rewards
- Weepiness; abrupt or constant crying
- Expressions of low self-esteem: feelings of worthlessness: "I'm simply no good."
- References to the fact that he will not be around much longer to be a burden on everyone
- Indications that he is completely overwhelmed: "What difference does anything make" or "Life makes no sense."
- Actions that reflect sudden interest in giving important or favorite possessions away and putting his affairs in order, making amends and saying good-bye
- Sudden and unaccountable cheerfulness, sense of relief or resoluteness after an extended period of depression
- An abrupt change of personality, dress, style, interest, friends, etc.
- Alcohol or other drug use