



Youth Suicide Prevention

Early Action Signs

- Withdrawal from friends and family
- Preoccupation with death
- Marked personality change and serious mood changes
- Difficulty concentrating
- Difficulties ins school (decline in quality of work)
- Change in eating and sleeping habits
- Loss of interest in pleasurable activities
- Frequent complaints about physical symptoms, often related to emotions, such as stomachaches, headaches, fatigue, etc.
- Persistent boredom
- Loss of interest in things one cares about

Imminent Action Signs

- Actually talking about suicide or a plan
- Exhibiting impulsivity such as violent actions, rebellious behavior, or running away
- Refusing help, feeling “beyond help”
- Complaining of being a bad person or feeling “rotten inside”
- Making statement about hopelessness, helplessness, or worthlessness
- Not tolerating praise or rewards
- Giving verbal hints with statements such as: “I won’t be a problem for you much longer,” “Nothing matters,” “It’s no use,” and “I won’t see you again.”
- Becoming suddenly cheerful after a period of depression – this may mean that the student has already made the decision to escape all problems by ending his/her life
- Giving away favorite possessions
- Making a last will and testament
- Saying other things like: “I’m going to kill myself,” “I wish I were dead,” or “I shouldn’t have been born.”