**Warning Signs of Suicide**

* Feeling hopeless.
* Feeling helpless.
* Feeling strong anger or rage.
* Abusing drugs or alcohol.
* Acting recklessly.
* Increased substance use.
* Changes in normal behaviors.
* Acting impulsively.
* Taking unusual risks.
* Increased drug or alcohol use.
* Self-injury or self-harm.
* Dramatic mood changes.
* Appearing depressed or sad most of the time.  
  (Untreated depression is the number one cause for suicide.)
* Talking or writing about death or suicide.
* Withdrawing from family and friends.
* Feeling trapped -- like there is no way out of a situation.
* Experiencing dramatic mood changes.
* Exhibiting a change in personality.
* Losing interest in most activities.
* Experiencing a change in sleeping habits.
* Experiencing a change in eating habits.
* Losing interest in most activities.
* Giving away prized possessions.
* Feeling excessive guilt or shame.
* No reason for living; no sense of purpose in life.
* Depression, moodiness, sadness, or lack of energy.
* Talking directly or indirectly about dying or committing suicide.
  + Changes in sleeping habits (too much, too little).
  + Changes in eating habits (sudden weight gain, weight loss).
  + Discouragement about the future, self-criticism.
  + Recent lack of concern about physical appearance, hygiene.
  + Withdrawal from social contacts or communication difficulty.
  + Drop in school grades or work performance.
  + Acquiring the means for suicide (guns, drugs, rope).
  + Making final arrangements, writing a will.
  + Preoccupation with death through poetry and/or artwork.
  + Previous suicide attempts (80% of those who kill themselves have attempted it before).
* Anxiety, agitation, unable to sleep or sleeping all of the time.
* Withdrawal from friends, family and society.
* Acting reckless or engaging in risky activities, seemingly without thinking.

***NOT AN EXHAUSTIVE LIST! ALWAYS TAKE SUICIDE SERIOUSLY.***

**Listed below are a few of the problems that can potentially trigger suicidal thoughts in a young person:**

* Death of a parent.
* Divorce of parents.
* Feeling like a "pawn" that is being used between feuding, divorced parents.
* Joining a new family with a step-parent and step-siblings.
* Breaking up with a boyfriend / girlfriend.
* Moving to a new community.
* Not feeling accepted by peers.
* Being ridiculed by classmates.
* Not feeling smart.
* Feeling misunderstood.
* Any experience perceived to be "humiliating."
* Alcohol abuse.
* Drug abuse.
* Being bullied by classmates.
* Medications.