

Know the Warning Signs of Teen Suicide



- Changes in eating and sleeping habits
- Loss of interest in usual activities
- Withdrawal from friends and family members
- Acting-out behaviors and running away
- Alcohol and drug use
- Neglecting one's personal appearance
- Unnecessary risk-taking
- Obsession with death and dying
- Physical complaints often linked to emotional distress, such as stomachaches & headaches
- Extreme tiredness (fatigue)
- Loss of interest in school or schoolwork
- Feeling bored
- Problems focusing
- Feeling he or she wants to die
- Lack of response to praise

Another warning sign is making plans or efforts toward committing suicide:

- Says "I want to kill myself," or "I'm going to commit suicide."
- Gives verbal hints, such as "I won't be a problem much longer," or "If anything happens to me, I want you to know ..."
- Gives away favorite possessions or throws away important belongings
- Becomes suddenly cheerful after a period of depression
- May express weird thoughts
- Writes 1 or more suicide notes

These signs may look like other health problems. Make sure your teen sees his or her healthcare provider for a diagnosis.