

WARNING SIGNS & RISK FACTORS OF SUICIDE

WARNING SIGNS	RISK FACTORS
<ul style="list-style-type: none">▪ Change in personality▪ Drop in academic performance▪ Lack of concentration▪ Cutting classes▪ Isolation from peers during timeout, lunch break, after school▪ “Acting out”; usually disruptive, rebellious▪ Accident prone▪ Preoccupation with death▪ Talks or jokes about killing themselves▪ Drinking▪ Anorexia▪ Looks unhealthy, tired, physically uncared for▪ Writes about death in essays, journal or notebook▪ Presence of drug or alcohol problem▪ Often appears agitated▪ Begins to give away prized possessions▪ Increased isolation▪ Sudden, intense interest in religion, after-life	<ul style="list-style-type: none">▪ Problems with school or the law▪ Breakup of a romance▪ Unexpected pregnancy▪ A stressful family life. (having parents who are depressed or are substance abusers, or a family history of suicide▪ Loss of security...fear of authority, peers, group or gang members▪ Stress due to new situations; college or relocating to a new community▪ Failing in school or failing to pass an important test▪ A serious illness or injury to oneself▪ Seriously injuring another person or causing another person's death (example: automobile accident)▪ Major loss...of a loved one, pet, a home, divorce in the family, or a break-up of a relationship