



Youth Suicide Warning Signs

The following signs may mean that a youth is at risk for suicide, particularly in youth who have attempted suicide in the past. Risk is greater if the warning sign is new and/or has increased and if it seems related to an anticipated or actual painful event, loss, or change. Finally, the presence of more than one of the following warning signs may increase a youth's risk for engaging in suicidal behaviors in the near future.

1. Talking about or making plans for suicide
2. Expressing hopelessness about the future
3. Displaying severe/overwhelming emotional pain or distress
4. Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
 - Withdrawal from or changing in social connections/situations
 - Recent increased agitation or irritability
 - Anger or hostility that seems out of character or out of context
 - Changes in sleep (increased or decreased)

If you notice any of these warning signs in anyone, you can help!

1. Ask if they are ok or if they are having thoughts of suicide
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally
4. Reflect what they share and let them know they have been heard
5. Tell them they are not alone
6. If you are or they are concerned, guide them to professional help

If someone is expressing suicidal thoughts but is not currently engaging in a suicidal behavior or has recently engaged in a suicidal behavior but is not presently in imminent danger:

1. Encourage them to call the National Suicide Prevention Lifeline at 800-273-TALK (8255)
2. Encourage them to call their mental health professional, if they have one

If someone is currently engaging in a suicidal behavior, such as actively harming themselves, accessing a method to end their life, engaging in reckless life-threatening behaviors, or any other behavior that could result in death:

1. Immediately, go to (or take the person to) the nearest emergency room OR
2. Call 911

If you are thinking about suicide, call a mental health professional or counselor. There is hope and there is help, because suicide is preventable.

www.preventyouthsuicide.org