

WARNING SIGNS OF SUICIDE

- A recent suicide in the family or friend. Teens are especially vulnerable when a close family member or friend commits suicide. The grieving process and depression can interrupt normal thought processes.
- Trouble coping with recent losses, death, divorce, moving, break-ups, etc.
- Experience with a traumatic event. Sometimes a significant traumatic event can create feelings of hopelessness and despair.
- Making final arrangements, such as writing a will or eulogy, or taking care of details (i.e., closing a bank account).
- Gathering of lethal weapons (purchasing weapons, collecting pills, etc.).
- Giving away prized possessions such as clothes, CD's, sports equipment, treasured jewelry, etc.
- Preoccupation with death, such as death and/or 'dark' themes in writing, art, music lyrics, etc. Note that today's music has more of this and is not necessarily related to suicidal feelings.
- Sudden changes in personality or attitude, appearance, chemical use, or school behavior.