

Suicide Prevention

Warning Signs

The more clues and signs observed: the greater the risk

- **Previous suicide attempt**
- **Current talk of suicide/making a plan**
- **Strong wish to die/preoccupied with death (thoughts, music, reading)**
- **Depression – hopelessness, withdrawal, tearful, loss of interest in activities**
- **Substance use**
- **Recent attempt by friend or family member**
 - Direct or Indirect verbal clues
 - Impulsivity/increased risk taking
 - Unexplained anger, aggression, irritability
 - Self-destructive – cutting
 - Feeling embarrassed/humiliated in front of peers
 - Victim of assault or bullying
 - Chronic truancy, running away
 - Recent disappointment or rejection or loss of a major relationship
 - Sudden decline or improvement (perfectionism) in academic performance/decline in concentration
 - Physical symptoms: Fatigue/too tired to cope, eating disturbances, changes in sleep patterns, somatic complaints: headaches, stomach problems
 - Increased apathy/decline in hygiene

- Change in interaction with family and friends
- Family problems/alienation/financial problems
- Sudden loss of freedom/fear of punishment
- Getting a gun or stockpiling pills
- Giving away prized possessions