

Suicide Signs for Youth

- ▶ Withdrawal from friends and family
- ▶ Sudden changes in appetite or sleep habits
- ▶ Doing worse at school
- ▶ Aggression
- ▶ Irritability
- ▶ Talking about or writing about suicide or death
- ▶ Calling themselves a bad person or implying you or others will be better off without them
- ▶ Hopelessness
- ▶ Desperation
- ▶ Feeling overwhelmed
- ▶ Substance abuse (drugs or alcohol)
- ▶ Starting to give away toys or possessions, cleaning up, and organizing as if putting affairs in order
- ▶ Mood suddenly improves after a period of depression