

Suicidal Warning Signs

Strongest Predictors

- ◆ Previous suicide attempt
- ◆ Current talk of suicide/making a plan
- ◆ Strong wish to die/preoccupied with death (i.e., thoughts, music, reading)
- ◆ Depression (hopelessness, withdrawal)
- ◆ Substance use
- ◆ Recent attempt by friend or family member

Verbal Clues:

- ◆ “I’ve decided to kill myself.”
- ◆ “I wish I were dead.”
- ◆ “I’m going to commit suicide.”
- ◆ “I’m going to end it all.”
- ◆ “If (such and such) doesn’t happen, I’ll kill myself.”

Indirect or “Coded” Verbal Clues:

- ◆ “I’m tired of life, I just can’t go on.”
- ◆ “My family would be better off without me.”
- ◆ “Who cares if I’m dead anyway.”
- ◆ “I just want out.”
- ◆ “I won’t be around much longer.”
- ◆ “Pretty soon you won’t have to worry about me.”

Behavioral Clues:

- ◆ Past suicide attempt
- ◆ Getting a gun or stockpiling pills
- ◆ Giving away prized possessions
- ◆ Impulsivity/increased risk taking
- ◆ Unexplained anger, aggression, irritability
- ◆ Self-destructive acts (i.e., cutting)

- ◆ Chronic truancy, running away
- ◆ Perfectionism

Situational Clues:

- ◆ Being expelled from school /fired from job
- ◆ Family problems/alienation
- ◆ Loss of any major relationship
- ◆ Death of a friend or family member, especially if by suicide
- ◆ Diagnosis of a serious or terminal illness
- ◆ Financial problems (either their own or within the family)
- ◆ Sudden loss of freedom/fear of punishment
- ◆ Feeling embarrassed or humiliated in front of peers
- ◆ Victim of assault or bullying

Other Youth Related Clues:

- ◆ Change in interaction with family and friends
- ◆ Recent disappointment or rejection
- ◆ Sudden decline or improvement in academic performance
- ◆ Physical symptoms: eating disturbances, changes in sleep patterns, chronic headaches, stomach problems, menstrual irregularities
- ◆ Increased apathy

Resources

Georgia Crisis Line 1-800-715-4225

Crisis Text Line - Text HELLO to 741741

National Suicide Prevention Lifeline 1-800-273-8255