

COMMON CLUES TO SUICIDE

VERBAL

- Direct statements: “I wish I were dead.”
“I don’t want to live anymore.”
- Indirect statements: “All of my problems will end soon.”
“Everyone will be better off without me.”
“No one can help me now.”
“I just can’t take it anymore.”
- Talking or joking about suicide; describing methods or plans for committing suicide.
- Expressions of helplessness and hopelessness.
- Saying good-byes.

BEHAVIORAL

- Depression, sadness
- Lack of energy
- Any change in sleeping habits (increased or decreased)
- Any change in appetite (increased or decreased)
- Drop in grades by good students or sudden interest in grades by poor
- Fascination with death
- Giving away possessions, putting affairs in order
- Increased risk-taking (e.g. driving a car recklessly)
- Frequent accidents (an accident can mask a suicide attempt)
- Becoming restless and hyperactive

students.

- Impatience and irritability
- Inability to concentrate (becoming bored and listless)
- A previous suicide attempt or losses to suicide
- Isolation or withdrawal from family and friends
- Loss of interest in hobbies, sports, job, etc.
- Lack of interest in physical appearance

SITUATIONAL

- Losses
- Pressures
- Low self-esteem
- Lack of help or communication
- Trouble with the law
- Drug and alcohol abuse

COMMON CLUES TO SUICIDE IN YOUTH

BEHAVIORAL

Children

- depression
- temper tantrums/disobedience
- accident-prone
- running away from home
- chronic fatigue or boredom
- school problems/missing school
- change in appearance
- isolation/withdrawal from family and friends
- preoccupation with death

Adolescents

- physical changes
- mood swings
- despondency, anxiety, depression
- reckless behavior
- alcohol/drug abuse
- sexual promiscuity
- withdrawal from family and friends
- self-mutilation
- impulsiveness
- themes of death or suicide in school work (i.e. poems & artwork)

- PREVIOUS ATTEMPTS – no matter how “serious”
- FINAL ARRANGEMENTS – giving away favorite possessions

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