





# Teen Suicide



# Symptoms of Suicidal Feelings

- Change in eating and sleeping habits
  - Withdrawal from friends, family and regular activities
  - Violent actions, rebellious behavior, or running away
  - Drug and alcohol use
  - Unusual neglect of personal appearance
  - Marked personality change
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# Symptoms of Suicidal Feelings

- Persistent boredom, difficulty concentrating, or a decline in the quality of school work
- Frequent complaints about physical symptoms, often related to emotions (I.e., headache, stomachache, fatigue)
- Loss of interest in pleasurable activities
- Not tolerating praise or rewards



# A Teen may also...

- Complain of being a bad person or feeling “rotten inside”
- Give verbal hints such as,
  - “I won’t be a problem for you much longer,”
  - “Nothing matters,”
  - “It’s no use,”
  - “I won’t see you again”

# A Teen may also...

- Put his/her affairs in order,
  - Give away favorite possessions
  - Clean his/her room
  - Throw away important belongings
- Become suddenly cheerful after a period of depression
- Have signs of psychosis (hallucinations or bizarre thoughts)





# Triggering Events

- Death of a parent, loved one
- Break up with boyfriend/girlfriend
- Extreme depression
- Failure in school and/or after school sports
- Sense of failure due to run-in with the law
- Feeling of extreme hopelessness
- Depression





# What to do

- Don't diagnose them. Bring them to get checked out by a professional
  - Teach others about warning signs
  - Help them figure out a way to solve their problems and deal with their pain
  - Take them seriously
  - Do not counsel them yourself
  - **ALWAYS** express your love, concern and support
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# Tips for Parents

- Know the warning signs
  - Do not be afraid to talk to your child
  - Suicide-proof your home
  - Utilize school and community resources
  - Take immediate action
  - Listen to your child's friends
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# Tips for Teachers

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- Know the warning signs
  - Know the school's responsibilities
  - Encourage students to confide in you
  - Refer student immediately
  - Join the crisis team
  - Advocate for the child