

## **WARNING SIGNS & RISK FACTORS OF SUICIDE**

<b>WARNING SIGNS</b>	<b>RISK FACTORS</b>
<ul style="list-style-type: none"><li>▪ Change in personality</li><li>▪ Drop in academic performance</li><li>▪ Lack of concentration</li><li>▪ Cutting classes</li><li>▪ Isolation from peers during timeout, lunch break, after school</li><li>▪ “Acting out”; usually disruptive, rebellious</li><li>▪ Accident prone</li><li>▪ Preoccupation with death</li><li>▪ Talks or jokes about killing themselves</li><li>▪ Drinking</li><li>▪ Anorexia</li><li>▪ Looks unhealthy, tired, physically uncared for</li><li>▪ Writes about death in essays, journal or notebook</li><li>▪ Presence of drug or alcohol problem</li><li>▪ Often appears agitated</li><li>▪ Begins to give away prized possessions</li><li>▪ Increased isolation</li><li>▪ Sudden, intense interest in religion, after-life</li></ul>	<ul style="list-style-type: none"><li>▪ Problems with school or the law</li><li>▪ Breakup of a romance</li><li>▪ Unexpected pregnancy</li><li>▪ A stressful family life. (having parents who are depressed or are substance abusers, or a family history of suicide)</li><li>▪ Loss of security...fear of authority, peers, group or gang members</li><li>▪ Stress due to new situations; college or relocating to a new community</li><li>▪ Failing in school or failing to pass an important test</li><li>▪ A serious illness or injury to oneself</li><li>▪ Seriously injuring another person or causing another person's death (example: automobile accident)</li><li>▪ Major loss...of a loved one, pet, a home, divorce in the family, or a break-up of a relationship</li></ul>