

Adolescent Warning Signs for Suicide*

Is the youth. . .

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- Showing worrisome behavior or changes particularly in the presence of the above warning signs. Specifically this includes:
 - Withdrawal from or changes in social connections
 - Recent increased agitation or irritability
 - Anger or hostility that seems out of character or context
 - Changes in sleep (increased or decreased)

When you see a youth showing these behaviors and signs, it is a signal to make sure you explore what is going on and get professional help for assessment of suicidality. Specifically:

1. Express your concern about what you are seeing in their behavior,
2. Ask if they are OK or if they are having thoughts of suicide,
3. Listen attentively and non-judgmentally,
4. Let them know they have been heard and they are not alone,
5. If you are concerned, be the bridge to connect them with professional help.

For acute risk: If someone is currently engaging in suicidal behavior, such as actively harming themselves, seeking means for suicide or engaging in reckless life-threatening behavior,

- Immediately take them to a nearby Emergency Department, or
- Call 911

For someone expressing suicidal thoughts, but not currently at acute risk or in imminent danger:

- Call the Mental Health Crisis hotline number 1-888-568-1112 with them,
- Encourage them to call their mental health provider,
- Connect them with a helping professional at the school or other program.

**This list was developed by a consensus group of national and international suicide experts in 2013-14 and is valid for youth 13-19.*