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| **Warning Signs**Indicators strongly associate with suicide:* Talking about suicide, death or dying: saying things like “life isn’t work it” or “things would be better if I was gone”
* Making jokes, poems, drawings or other references to suicide, death or dying
* Sharing morbid fantasies about suicide, death or dying
* Previous or recent suicide attempt
* Preparation for death: giving away prized possessions, saying goodbye or talking about going away unexpectedly
 | **Risk Factors**Youth are more likely to consider suicide if they have or are experiencing some of the following:* Previous suicide attempt
* Family history of suicidal behaviour
* Feelings of hopelessness or isolation
* Psychiatric disorders or mental illness
* Substance use or abuse
* Life stressors, such as interpersonal losses and legal or disciplinary problems
* Physical and/or sexual abuse
* Sexual orientation (GLBT)
* Juvenile delinquency
* School or work problems
* Contagion or imitation (the suicide of a friend or exposure to media reports of suicide)
* Chronic physical illness
* Living in isolation
* Access to more lethal means such as firearms, medication
* Impulsiveness
* Homelessness
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| **Some attitudes to look for*** Depression: nothing seems important anymore. Life’s a bad joke.
* Hopelessness/helplessness: There is nothing I can do to change this.
* Purposelessness: There is nothing to live for; there is no point to anything
* Worthlessness: I can’t do anything right. No one cares if I live or die
* Overwhelmed: I can’t stand this anymore; This is way too much for me.
* Intense worrying/anxiety: Everything is falling apart. Everyone is going to be disappointment in me.
* Recklessness/impulsiveness: I don’t care if I break my neck.
* Elation: Everything is perfect now! (suddenly, after someone has been in a lot of distress
 | **Some behaviours to watch for*** Increased use of drugs or alcohol
* Withdrawal or isolation from once enjoyable people/activities
* Risky, impulsive behaviours
* Aggressive, violent behaviour; rage/revengeful acts
* Decreased or increased performance (school, work, hobbies, sports)
* Self-neglect (appearance or hygiene)
* Low self-esteem, low self-worth, self-contempt, anger toward self
* Extreme mood swings
* Changes in energy level (up or down)
* Complaints about health
* Difficulty concentrating
* Decreased, increased or otherwise disturbed eating and/or sleeping
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