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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 |
| **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 |