





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.
- 
- 



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.
- 
- 



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.
- 
- 



Tips for Teachers

- 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.