

Warning signs that a child or teen may need help

As many as four out of five suicidal people signal their intentions to others, hoping it will be noticed. Here are some warning signs that a child or teen may need help.

- Talking about suicide or death in general
- Talking about “going away”
- Referring to things they “won’t be needing” and giving things away
- A dramatic mood swing from very depressed/suicidal to seemingly being fine
- Talking about feeling hopeless or guilty
- Pulling away from family and friends
- Losing interest in favorite activities
- Changes in sleeping and eating habits
- Drug use, drinking or self-harm
- Unexplained or unusually severe, violent or rebellious behavior
- Unusual neglect in appearance or hygiene
- Feeling sad or depressed for extended periods
- Obsession with death – often in music, poetry or artwork