

SUICIDE AWARENESS & PREVENTION

Warning Signs In Teens

The risk of suicide is present in all age groups, but teens tend to be more vulnerable because their brains are still in development. Teen years are a stressful time, filled with major changes. These include body changes and changes in thoughts and feelings. Strong feelings of stress, confusion, fear, and doubt may influence a teen's problem-solving and decision-making. They also sometimes lack the perspective that things will get better. It is important to raise awareness of warning signs in teens for parents and loved ones.

Normal developmental changes can be very unsettling when combined with other events, such as:

- a significant loss (death of a loved one, death of a pet, or divorce)
- a breakup, an accident or injury, bullying or cyberbullying
- anniversary of a suicide of a loved one or death of a loved one
- home violence
- a chronic illness
- academic failure

A teen's risk for suicide varies with age, gender, and cultural and social influences.

Risk factors may change over time. They are:

- One or more mental health conditions, including substance use disorder
- Undesirable life events or recent losses, such as the death of a parent
- Family history of mental or substance use disorder
- Family violence, including physical, sexual, or verbal or emotional abuse
- Exposure to the suicidal behavior of others, such as from family or peers
- Impulsive behaviors
- Family history of suicide
- Past suicide attempt
- Gun in the home
- Incarceration

Many of the warning signs of suicide are also symptoms of depression. They are:

- Loss of interest in school or school work
- Loss of interest in social activities
- Feeling hopeless or without a purpose
- Changes in eating and sleeping habits
- Talking about ways of committing suicide
- Physical symptoms of emotional distress (stomachaches, headaches, extreme fatigue)
- Lack of response to praise
- Neglecting personal appearance
- Obsession with death and dying
- Feeling like a burden to others
- Withdrawal from friends and family
- Abusing alcohol or drugs
- Unnecessary risk taking
- Mood swings
- Feeling trapped
- Problems focusing
- Giving away belongings
- Acting-out behaviors
- Running away
- Writing suicide notes

Your EAP is here for you & we can help. Contact us today.

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If there is immediate danger, call 911 or 988 - the Suicide and Crisis Lifeline - (800-273-8255 or TTY: 800-799-4889)