



# SUICIDE WARNING SIGNS

## Adolescent Youth and Young Adults

- Unusual frequent outburst of anger, aggression, or hostile behavior.
- Social isolation and withdrawal.
- Giving away belongings.
- Withdrawing from participation in things they like to do.
- Losing interest in using their phone.
- Making suicidal statements or considering details pertaining to one's death.
- Being preoccupied with death and dying in conversational expressions and/or writing.
- Alternating between feelings of extreme highs and lows.
- Performing risky behaviors (defiance of authority, truancy, and vandalism).
- Engaging in suicidal/self-destructive gestures (for example, cutting).
- Displaying severe anxiety or agitation.
- Inability to regulate emotions.
- Expressions of helplessness and/or hopelessness.
- Increase in substance use or abuse.

*Source: Francis A. Martin Ph.D, Chris Nickson Ph.D  
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**National Suicide Prevention Lifeline**

**1-800-273-TALK 1-800-273-8255**

