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YELLOW RIBBON SUICIDE PREVENTION PROGRAM®

Warning Signs & Risk Factors of Suicide

Warning signs are important, but it is very important to **include** the Risk Factors.

Coupling the two, warning signs and risk factors give a clearer profile of risk!

If you need help now, click [here](#) for help online. Here are helpful coping strategies for teens.

WARNING SIGNS	RISK FACTORS
<ul style="list-style-type: none"> • Abrupt changes in personality • Giving away possessions • Previous suicide attempt • Use of drugs and/or alcohol • Change in eating pattern - <i>significant weight change</i> • Change in sleeping pattern - <i>insomnia/oversleeping</i> • Unwillingness or inability to communicate • Depression • Extreme or extended boredom • Accident prone (carelessness) • Unusual sadness, discouragement and loneliness. • Talk of wanting to die • Neglect of academic work and/or personal appearance • Family disruptions - divorce, trauma, losing loved one. • Running away from home or truancy from school. • Rebelliousness - reckless behavior. • Withdrawal from people/activities they love. • Confusion - Inability to concentrate • Chronic Pain, Panic or Anxiety • Perfectionism • Restlessness 	<ul style="list-style-type: none"> • Problems with school or the law • Breakup of a romance • Unexpected pregnancy • A stressful family life. (having parents who are depressed or are substance abusers, or a family history of suicide) • Loss of security...fear of authority, peers, group or gang members • Stress due to new situations; college or relocating to a new community • Failing in school or failing to pass an important test • A serious illness or injury to oneself • Seriously injuring another person or causing another person's death (example: automobile accident) • Major loss...of a loved one, a home, divorce in the family, a trauma, a relationship

Suicide victims are not trying to end their life - they are trying to *end the pain!*

| [Home](#) | [Back to 'Parents'](#) | [Back to 'Teens'](#) | [Email](#) |

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