

Youth Suicide Warning Signs

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
 - Withdrawal from or changing in social connections/situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability

How to Respond

If you notice any of these warning signs in anyone, you can help:

1. Ask if they are ok or if they are having thoughts of suicide
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally
4. Reflect what they share and let them know they have been heard
5. Tell them they are not alone
6. Let them know there are treatments available that can help
7. If you are or they are concerned, guide them to additional professional help.

Source: www.youthsuicidewarnings.org

For more information, contact:



Kent Reed, Education Program Consultant –
School Counseling
Career, Standards & Assessment Services
Kansas State Department of Education
Landon State Office Building
900 S.W. Jackson Street, Suite 653
Topeka, KS 66612
(785) 296-8109
www.ksde.org

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