



Warning Signs of Suicide

- Aggressive behavior
- Changes in sleeping habits
- Decline in schoolwork
- Depression
- Drug or alcohol abuse
- Giving away possessions
- Legal questions about death
- Loss of interest in regular activities
- Loss of energy
- Mood swings and personality changes
- Neglecting personal appearance
- Preoccupation with death
- Previous suicide attempts
- Psychosomatic complaints
- Self-destructive behavior
- Sudden changes in eating habits
- Suddenly happy after long depression
- Talking about death and suicide
- Talking about life after death
- Unnecessary and dangerous risks
- Withdrawal from friends or family

Many young people will exhibit some of the signs listed in this publication. One sign may, or may not, signal trouble; however, more than one sign lasting two weeks or longer is often a signal that help is needed.

If you, or someone you know, is considering suicide, seek help *immediately*. Inform an adult right away, such as a parent, teacher, coach, principle, clergy, counselor, doctor, or call a crisis hotline.

*For more information on
suicide and suicide prevention:*

National Hopeline Network
1-800-SUICIDE
www.hopeline.com

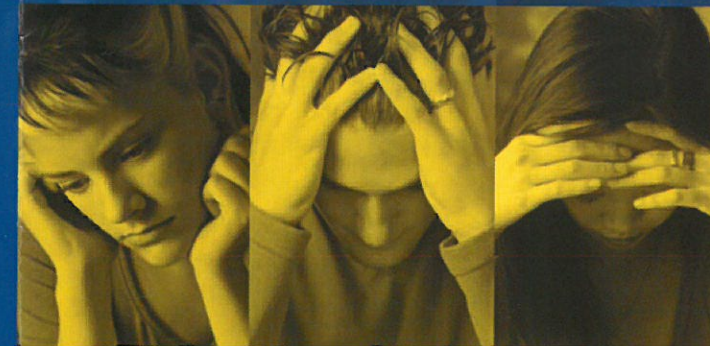
*Suicide Awareness
Voices of Education*
1-888-511-SAVE
www.save.org

*American Foundation for Suicide
Prevention*
1-800-888-333-AFSP
www.afsp.org

*Suicide Prevention
Action Network USA, Inc.*
1-888-649-1366
www.spanusa.org

THE AMERICAN LEGION
National Commission on Children and Youth
P.O. Box 1055
Indianapolis, IN 46206
www.legion.org

Know the



Warning Signs of Youth Suicide

