

Recognizing Suicide Warning Signs in Children and Teens

Children and teens have a lot going on above - and below - the surface. Are your child's changes just part of growing up or are they warning signs of something more serious?

Learn the FACTS so you can recognize the warning signs of suicide.

Look out for...

Feelings like worthlessness or hopelessness about the future.

Actions like distress, recklessness, drug or alcohol abuse, or talking about death.

Changes in sleep, withdrawing from friends, or losing interest in hobbies.

Threats like "I won't be around much longer" or giving away favorite things.

And lastly...

Stressful Situations like death of a loved one; divorce; relationship break-up, bullying; or getting into trouble at school, home, or with the law.

Talk to your kids. Let them know you are there for them however they need help. And reach out for support.

Call or text 988 or chat on 988lifeline.org.