

WHAT TO LOOK OUT FOR?

Suicide risk warning signs

IN EMOTIONS:

- sudden mood swings
- prolonged sadness, tearfulness
- increased anxiety
- irritability, anger outbursts
- exhaustion, apathy, passivity
- low self-esteem and self-confidence

IN BEHAVIOR:

- isolation, avoiding friends or favorite activities
- difficulty concentrating
- declining school performance
- risky behavior (e.g. substance abuse)
- changes in appetite
- difficulty sleeping (e.g. lying down or dozing off during class)
- difficulties in relationships
- neglecting one's appearance
- self-harm
- preoccupation with thoughts of suicide or ending one's life
- searching for information about suicide, gathering means to carry it out (e.g. rope, medication)
- giving away personal belongings

IN SPEECH:

- talking about feelings of hopelessness, loss of meaning in life (*"Nothing makes sense. My life has no meaning."*)
- describing feeling trapped (*"No matter what I do, there's no escape. I feel trapped in my life, there is no way out. I am drowning and no one sees it."*)
- feeling that others would be better off without them (*"If I weren't here, no one would miss me."*)
- in/direct statements expressing a desire to die (*"I wish I were dead. I don't want to live. I wish I had never been born. It doesn't matter anymore. This doesn't concern me anymore. I won't have these problems much longer."*)
- farewell letters

WHATEVER SYMPTOMS A STUDENTS SHOWS, THEY NEED TO BE TAKEN SERIOUSLY.