Suicide Warning Signs

Some of the most devastating events have something in common: warning signs. People are trained in what to look for to predict when a disaster occurs. Most people considering suicide will give some warning signs either verbally or behaviorally. Therefore, more people should know what to look for so that suicide can be prevented. Since September is Suicide Prevention Month, now is an excellent opportunity to learn more about suicide and how we can help those struggling.

Sometimes, the warning signs are easy to notice. Things like suicide threats, sudden changes in appearance, or making final arrangements are more vocal or notable. Suicide threats can be blatantly stating, “I am going to kill myself” or “I’d be better off dead.” Both of those statements portray clear indications of ending their life. Some comments, however, can be more subtle. For instance, “I won’t be bothering you much longer.” It may not be as easy to pick up on because it could imply many things; however, the possibility of suicide is still present. Therefore, it deserves further inquiry. A noticeable decrease in personal hygiene can indicate no longer caring to take care of themselves. Making final arrangements can be as definitive as making funeral arrangements. It can also include giving away prized possessions as “something to remember me by” or because they “won’t need it anymore.”

Warning signs can also be more subtle. Teens and young adults are in a phase of life where they are experiencing a lot of changes. A lack of interest in something they used to love could mean more going on. Quitting an activity such as sports, clubs, or anything they’re involved in outside of school can be a sign of concern. Within school, a noticeable sign can be their academic performance declining. Subjects they used to excel in or enjoy turning into ones they’re barely scraping by or even failing. Mood changes can be expected in most youths due to their heightened developmental phase of life. However, fits of anger and increased irritability, almost as if they’re constantly on edge, should be concerning.

Overall, anything that is out of the ordinary or not like someone can be an indicator of suicide. Behaviors that are unlike someone stick out the most. Professionals in the field always pay heightened attention when told that someone isn’t acting like themself. People cry out for help in different ways, and it is not always an explicit plea for help. It is essential to learn all signs as no two people considering suicide will express it in the same way.

To learn more about the signs of suicide or how to help someone in need, you can visit The Jason Foundation’s website at [www.jasonfoundation.com](http://www.jasonfoundation.com) and utilize the free programs they offer.

Suicide is preventable. Be someone who notices the signs before it’s too late.