



Signs of Concern

Did you know that **four out of five** individuals considering suicide give some sign of their intentions, either verbally or behaviorally? These are some of the concerning signs to look for.



Verbal signs include talking about suicide, expressing a desire to die, communicating feelings of being a burden to others or entrapment, or reaching out to loved ones to say goodbye.

Behavioral signs include giving away possessions, changes in eating/sleeping/appearance, engaging in self-harm, researching suicide methods online, leaving a suicide note, planning their funeral, ignoring or quitting activities they once enjoyed, deteriorating academic performance, prior suicide attempts, or other risky behaviors.



Mood changes may indicate thoughts of suicide. This includes appearing disconnected from reality, despairing, displaying an apathetic attitude or anger or rage that was not previously present, expressing shame or humiliation due to change in school status, feelings of loneliness or isolation, sudden unexplained mood improvement, or extreme mood swings.

Medical or mental health diagnoses can also present as a sign of concern. This could be depression, substance abuse, bipolar disorder, schizophrenia, or anxiety.



Environmental signs can also be a cause of concern. This includes a history of trauma or abuse, access to lethal means, lack of social support, stigma surrounding mental health or resistance to seeking help, changed relationships with classmates, or perfectionism.

If you would like more information about these warning signs and what resources are available to you and your child for help, visit jasonfoundation.com.



If you or someone you know is struggling with depression or thinking about suicide, get help now. You can reach the Suicide & Crisis Lifeline by calling or texting 988.

Together, we can make a difference.