

Ten Warning Signs

- 1. Talking about suicide.** Probably seventy to eighty percent of suicide victims have mentioned it in some way beforehand.
- 2. A change in interests.** The person may no longer care about a hobby or school or physical appearance.
- 3. Isolation from other people.**
- 4. Writing poems or drawing pictures about death.**
- 5. An upbeat mood after a period of depression.**
Sometimes after the anguish of the indecision about going through with suicide people become happy and peaceful once they resolve to do so.
- 6. Giving away cherished objects.**
- 7. Obtaining a gun, pills, a knife, a rope, etc.**
- 8. Changes in patterns of sleeping and eating.**
- 9. Use of drugs and alcohol.** Many teen suicides occur under the influence of alcohol or some other drug, which blurs the judgment and provides the courage to go through with the action.
- 10. A person who has coped adequately with a series of crises suddenly has a new problem on top of all the others.**