

Appendix B-II

Adolescent Warning Signs for Suicide*

Is the youth.....

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- Showing worrisome behavior or changes particularly in the presence of the above warning signs. Specifically, this includes:
 - Withdrawal from or changes in social connections
 - Recent increased agitation or irritability
 - Anger or hostility that seems out of character or context
 - Changes in sleep (increased or decreased)

When you see a youth showing these behaviors and signs, it is a signal to make sure you explore what is going on and get professional help for assessment of suicidality. Specifically:

1. Express your concern about what you are seeing in their behavior
2. Ask if they are OK or if they are having thoughts of suicide
3. Listen attentively and non-judgmentally
4. Let them know they have been heard and they are not alone
5. If you are concerned, be the bridge to connect them with professional help.

For acute risk: If someone is currently engaging in suicidal behavior, such as actively harming themselves, seeking means for suicide or engaging in reckless life-threatening behavior:

- Immediately take them to a nearby Emergency Department OR
- Call 911

For someone expressing suicidal thoughts, but not currently at acute risk or in imminent danger:

- Call the Mental Health Crisis hotline number 1-888-568-1112 with them
- Encourage them to call their mental health provider
- Connect them with a helping professional at the school or other program.

**This list was developed by a consensus of national and international suicide experts in 2013-14 and is valid for youth 13-19*