



Recognize Summary

RECOGNIZE a student at risk for suicide

Early warning signs:

- **Difficulties in school**, such as poor grades, missed assignments or difficulties with peers.
- **Low self-esteem**. Teens may say they feel like a failure and have negative views about their competence and self-worth.
- **Physical complaints** such as stomachaches, headaches, fatigue, etc.
- **Change in sleeping or eating patterns**.
- **Use or abuse of drugs or alcohol**.
- **Overly self-critical**. Teens may complain of being a bad person or feeling horrible inside.
- **Low energy**. Teens may have trouble getting out of bed in the morning and seem tired most of the time.
- **Withdrawal from normal activities**.

Late warning signs:

- **Neglecting personal appearance**.
- **Talk of suicide or death**.
- **Isolation from friends and family**. Teens may avoid family gatherings and events. Teens who used to spend a lot of time with friends may now spend most of their time alone and without interests.
- **Conduct problems or aggressive behavior**.
- **Extreme anxiety, agitation, or self-injury**.
- **Expressions of hopelessness or desperation**. Teens may feel that life is not worth living and may believe that a negative situation will never change.
- **Refusal of help**.
- **Giving away prized possessions**.