

# Warning Signs of Suicide

**F A C T S**

FEELINGS  
ACTIONS  
CHANGES  
THREATS  
SITUATIONS

Warning signs are attitudes or behaviors that may indicate a student is at heightened risk for suicide. Recognizing and responding to the FACTS could save a life.

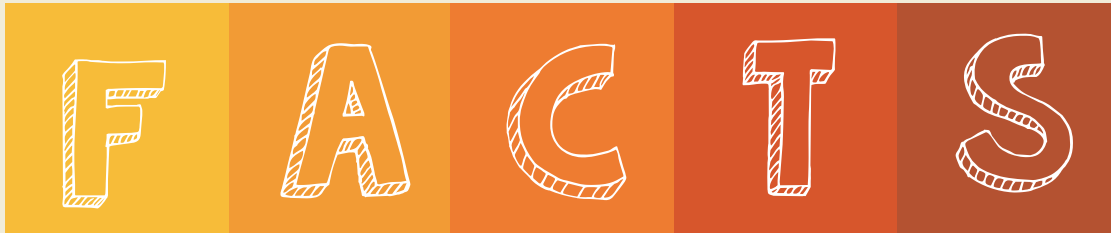
Young people who are suicidal may display a single warning sign or a combination of several. If you notice a student displaying any warning signs, reach out to the student and notify internal school resources, such as counselors or social workers.

Remember that because of developmental differences, warning signs for youth may be different than warning signs for adults.

National Suicide Prevention Lifeline  
**1-800-273-TALK (8255)**

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# Warning signs of suicide can be organized around the word "FACTS"



## FEELINGS

- hopelessness: feeling like things are bad and won't get any better
- fear of losing control, going crazy, or harming oneself or others
- helplessness: a belief that there's nothing that can make life better
- worthlessness: feeling useless and of no value
- self-hate, guilt, or shame
- extreme sadness or loneliness
- anxiety or worry

## THREATS

- statements such as "I wonder what it's like to die"
- threats such as "I won't be around much longer" or "You'd be better off without me"
- suicide attempts

## ACTIONS

- increased use of alcohol or other drugs
- talking or writing about death or destruction
- looking online for ways to kill oneself
- engaging in self-destructive or harming behaviors (like cutting)
- aggression
- recklessness

## SITUATION

- getting into trouble at school, at home, or with law enforcement
- recent losses
- changes in life that feel overwhelming
- being exposed to suicide or the death of a peer under any circumstances
- being bullied or physically or sexually abused

## CHANGES

- personality: behaving like a different person, becoming withdrawn, feeling tired all the time, not caring about anything, or becoming more talkative or outgoing
- behavior: inability to concentrate, drop in grades
- sleeping pattern: sleeping all the time or not being able to sleep
- eating habits: loss of appetite and/or overeating
- losing interest in friends, hobbies, or personal appearance; isolating oneself
- sudden improvement after a period of being down or withdrawn

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