



### TEEN SUICIDE PREVENTION

See How [Keys To Safer Schools.com](http://KeysToSaferSchools.com) Can Help!

**DEPRESSION in teens too often leads to a suicide attempt.**

**But experts say that recognizing WARNING SIGNS of depression and suicide can prevent teen suicides.**

"Suicide can attract a lot of attention, what we need to do is recognize and pay attention to the depression which typically precedes it then we might prevent suicide," said Mike Nelson, MS, LPC, NCC - Director, Program Development & Instruction, [Keys To Safer Schools.com](http://KeysToSaferSchools.com). Suicidal teens at times are helpless because they are experiencing a chemical change in their brain that they have difficulty controlling. They can be depressed for no apparent reason and feel guilty, which makes their state of mind even more fragile.

#### SIGNS OF TEEN DEPRESSION INCLUDE:

- Changes in sleeping habits. Always feeling tired despite a lot of sleep.
- Changes in eating, weight and dress. Inability to focus or make decisions can result in not eating, noticeable weight loss or wearing the same clothes every day.
- Sudden disinterest in friends or activities. Social withdrawal and unexplainable disinterest activities previously enjoyed, or sharp decline in school performance.
- "Pre-suicide gestures." Giving away treasured possessions, writing letters or visits to say goodbye and self-mutilation by extensive skin punctures, burns or cuts.
- Drug or alcohol use. Substance use can be both a cause and a symptom of depression.

Check out our  
**Early Warning Signs Training**  
**Vital Training**  
Training for Counselors, Teachers and  
other Youth Workers

#### OTHER WARNING SIGNS OF SUICIDE:

- Talking or joking about suicide. Statements about being reunited with a deceased loved one.
- Statements about hopelessness, helplessness, or worthlessness. Example: "Life is useless." "Everyone would be better off without me."
- Preoccupation with death. Example: recurrent death themes in music, literature, or drawings.
- Suddenly happier or calmer. Loss of interest in things one cares about.
- Unusual visiting or calling people one cares about - saying their good-byes.
- Giving possessions away, making arrangements, setting one's affairs in order.
- Self-destructive behavior (alcohol/drug abuse, self-injury or mutilation, promiscuity).
- Risk-taking behavior (reckless driving/excessive speeding, carelessness around bridges & others).
- Having several accidents resulting in injury. Close calls or brushes with death.
- Obsession with guns or knives.

**Need additional Advice?? Ask our School Violence Prevention Experts.**

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