



The Warning Signs of Teen Suicide

Suicide is the second-leading cause of death for teens and young adults (ages 10-34). For teens, common risk factors for suicidal behavior include:

- Depression, anxiety, or other mental health issues
- Substance abuse
- A difficult family situation
- A family history of depression or suicide
- A previous suicide attempt
- Past or present physical or sexual abuse
- Problems at school, isolation from peers, or frequent bullying
- Fear, confusion, or lack of support related to their sexual orientation or gender identity
- Violent or rebellious behavior
- Feeling overwhelmed by adult responsibilities or by taking on too much responsibility too soon

Teens experiencing depression are at greater risk for a suicide attempt. Symptoms of depression in a teen include:

- Changes in sleeping or eating habits
- Withdrawal from friends and family
- Marked change in appearance or personality
- Loss of interest in favorite activities
- Poor concentration or school performance
- Fatigue or frequent physical ailments
- Disinterest in praise, rewards, or affection



Signs that a teen may be considering suicide include:

- Complaints about feeling “rotten inside”
- Fatalistic statements, such as “I won’t be a problem much longer”
- Giving away or disposing of favorite possessions
- Extreme mood swings or episodes of rage
- Lack of interest in appearance or hygiene
- Unusually cheerful behavior following a period of depression

Statements such as “I want to kill myself” or “I’m going to commit suicide” are red flags that require intervention, even when said in the heat of anger. If you hear these words, call LifeMatters or reach out to a doctor or mental health professional.

It’s important to check in with teens frequently. If you are concerned about a teen’s wellbeing, contact a school guidance counselor or your family physician. LifeMatters is also available 24/7/365.

1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing • 24/7/365
mylifematters.com • Text* “Hello” to 61295 (U.S.)/204-817-1149 (Canada)
Call collect to **262-574-2509** if outside of North America
TTY/TRS 711 and language translation services are available

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