



# Keys To Safer Schools.com<sup>©</sup>

*Detection & Prevention of School Violence*



## 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.**

*"Sad but true, suicide attracts a lot of attention and media outlets can reflect a seemingly romantic, possibly even historic view of a suicide victim. To a mind distorted by depression this attention can contribute to suicidal thoughts and actions. Unfortunately, after a suicide many people can clearly see the signs of depression that precede most cases of suicide. Seeing clearly after a suicide is too late."*

Mike Nelson, MS, LPC, NCC - Director, Program Development & Instruction, [Keys To Safer Schools.com](http://KeysToSaferSchools.com).

Suicidal teens at times feel helpless to control their actions. These inappropriate thoughts and actions may be because they are experiencing chemical changes in their brains. They can be depressed for no apparent reason and then feel guilty, which makes their state of mind even more fragile and likely to see suicide as the only option.

### 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:  
*Suicidal Recognition & Prevention Webinar*  
[CLICK HERE TO LEARN MORE](#)  
*Training for Counselors, Teachers  
& 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.**

[CLICK HERE](#)

**Keys To Safer Schools.com<sup>©</sup>**

[Keys@KeysToSaferSchools.com](mailto:Keys@KeysToSaferSchools.com)

(800)504-7355

<http://keystosaferschools.com/>