1. **Suicide Notes are**
a very real sign of danger and should be taken seriously.

2. **Threats may be**
   - **direct statements**
     “I want to die.”
   - “I am going to kill myself”
or unfortunately,
   - **indirect comments**
     “The world would be better without me”,
     “Nobody will miss me anyway”).

3. **Among teenagers, indirect clues**
could be offered through joking or through comments in school assignments; particularly creative writing or artwork.

4. **Previous Attempts**
   - If a child or teenager has attempted suicide in the past, there is a greater likelihood that he or she will try again.
   - **Be very observant of any friends** who have tried suicide before.

5. **Depression**
   - (Helplessness / Hopelessness):
     When symptoms of depression include strong thoughts of helplessness and hopelessness, a child or adolescent is possibly at great risk for suicide.
   - **Watch out for behaviors or comments that indicate** that your friend is feeling overwhelmed by sadness or pessimistic views of their future.

6. **Masked Depression**
   - Sometimes risk-taking behaviors can include acts of aggression, gunplay & alcohol/substance abuse.
   - **While your friend does not act** “depressed,” their behavior suggests that they are not concerned about their own safety.

7. **Final Arrangements**
   - This behavior may take many forms. In adolescents, it might be giving away prized possessions such as jewelry, clothing, journals or pictures.

8. **Effort to Hurt Oneself**
   - **Self-injury behaviors are warning signs** for young children as well as teenagers.
   - **Common self-destructive behaviors include** running into traffic, jumping from heights and scratching / cutting / marking the body.

9. **Inability to Concentrate or Think Clearly**
   - **Such problems may be reflected in** classroom behavior, homework habits, academic performance, household chores, even conversation.
   - If your friend starts skipping classes, getting poor grades, acting up in class, forgetting or poorly performing chores around the house or talking in a way that suggests they are having trouble concentrating, these might be signs of stress and risk for suicide.

10. **Change in Physical Habits and Appearance**
    - **Changes include inability to** sleep or sleeping all the time, sudden weight gain or loss, disinterest in appearance or hygiene.

11. **Physical & Emotional Changes**
    - **Parents, teachers and friends are often the best observers** of sudden changes in suicidal students.
    - **Changes can include** withdrawing from friends and family, skipping school or classes, loss of involvement in activities that were once important and avoiding friends.

12. **Death & Suicidal Themes**
    - **These might appear in** classroom drawings, work samples, journals or homework.

13. **Plan + Method + Access**
    - A suicidal child or adolescent may show an increased interest in guns and other weapons, may seem to have increased access to guns, pills etc. and/or may talk about or hint at a suicide plan.
    - **The greater the planning,** the greater the potential for suicide.

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**Prevention / Intervention**

**NATIONAL SUICIDE PREVENTION LIFELINE**

1-800-273-TALK

**SAMARITANS NYC**

LifeLine #: 212 673 3000

www.samaritansnyc.org

**TREVOR PROJECT**

“Saving Young LGBTQ Lives”

LifeLine #: 866 488 7386

www.trevorproject.org

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1. **Know The Warning Signs**
   - Read over this list and keep it in a safe place.

2. **Do Not Be Afraid to Talk to Your Friends**
   - **Listen to his/her feelings**
   - Make sure they know how important they are to you but don’t believe you can keep them from hurting themselves on your own.

3. **Preventing suicide will require adult help**

4. **Make No Deals**
   - **Never keep secret a friend’s suicidal plan or thoughts**
   - You cannot promise that you will not tell — you have to tell to save your friend!

5. **Don’t Wait! Tell an Adult**
   - Talk to your parent, your friend’s parent, your school’s counselor or a trusted adult.
   - **Don’t be afraid that the adults will not believe you or take you seriously – keep talking until they listen!**

6. **Even if you are not sure your friend is suicidal, talk to someone.** It’s okay if you “jump the gun”
   - This is definitely the time to be safe and not sorry!