



**YOUTH, YOUNG ADULT,
& CAMPUS MINISTRIES**
DIOCESE OF DALLAS

Warning Signs that Your Teen May be at Risk of Suicide

1. Expressing sentiments such as “I feel burdened or trapped”, “I can’t take the pain”, “I have no reason to live”
2. Use, increased use, or chronic use of alcohol or drugs
3. Actively looking for ways to kill self or a preoccupation with death
4. Withdrawal or Isolation: Sleeping too much or too little, socially withdrawing from relationships
5. Saying “goodbye” or giving gifts to loved ones
6. Increased aggression, rage, or irritability
7. Intense sadness or hopelessness
8. Mood: more depressed, crying at the drop of a hat, levels of anxiety not seen before
9. Loss of interest in things in which they’ve been previously interested
10. Humiliation
11. Risky behavior
12. Lack of energy
13. Inability to think clearly/concentration problems
14. Declining school performance/increased absences from school
15. Changes in appetite

The lists of warning signs and risk factors of suicide are not intended to be exhaustive and knowing this information alone is not a foolproof plan for preventing suicide. The Office of Youth, Young Adult, and Campus Ministries is not to be held liable for the death of any persons due to this content.



Factors that Increase the Risk that Your Teen is Suicidal

1. Depression and other mental disorders, or a substance-abuse disorder (often combined with other mental disorders)
2. Feeling hopeless and worthless
3. Previous suicide attempt(s)
4. Family history of suicide, mental illness, or depression
5. Family violence, including physical or sexual abuse
6. Experiencing a family divorce or marital conflict
7. Physical illness or handicaps, particularly anything that decreases ability to participate with peers
8. Feeling detached and isolated from friends, peers and family
9. Access to a weapon in the home
10. Knowing someone with suicidal behavior, such as a family member, friend , or celebrity
11. Coping with being gay (homosexuality) in an unsupportive family, community, or hostile school environment
12. Incarceration (time in prison)

Sources:

- [Teen Suicide: Seeing the Signs to Prevent the Sorrow](#)
- [Suicide Prevention, Children Ages 10 to 19 Years](#)
- [Suicide in Teens and Children Symptoms and Causes](#)

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