



# Suicide Prevention

## RESOURCE GUIDE FOR PARENTS

[WWW.SMCHD.ORG](http://WWW.SMCHD.ORG)



## Short Intro Text

maybe something like:

As parents, we know the difficulties in searching for relevant information and resources to help teens in crisis.

This guide is designed to help you quickly find the most pertinent resources for your situation....

# Signs and Symptoms

for parents  
and family



## Suicide Awareness Signs & Symptoms

- Talks about harming self, feeling hopeless, or having no reason to live
- Expresses feeling like a burden to others
- Increase in alcohol or drug use
- Withdraws from activities
- Isolates self from friends & family
- Reduced effort at school (i.e. stops trying academically or increased absences)
- Changes in sleeping patterns; always fatigued or not sleeping
- Displays abnormal aggressive behaviors or irritability
- Gives away possessions, says goodbye to family & friends
- Online searches for materials to end life or for self-harm
- Makes unusual or cryptic social media posts about topics listed above

## Anxiety

- Irritability
- Feeling nervous, restless or tense
- Trouble concentrating
- Withdrawal from social activity
- Avoidance of new or difficult situations
- Chronic complaints of stomach aches or headaches
- Fearfulness when away from parents
- Extreme fear about a specific thing or situation (i.e. dogs, insects, or phobias)
- Being afraid of school or places where others are
- Being worried about the future or about bad things happening
- Having repeated episodes of sudden, unexpected, or intense fear that also comes with increased heart rate, dizziness, trouble breathing, sweating, or shaking

## Depression

- Feelings of sadness that persist (more than 2 weeks)
- Trouble thinking, concentrating and making decisions
- Changes in sleeping patterns (sleeping a lot more or a lot less than usual)
- Changes in eating patterns (eating a lot more or a lot less than usual)
- Feeling worthless, useless, or guilty
- Changes in energy (being tired and sluggish or tense and restless a lot of the time)
- Lack of interest in activities
- Feeling sad, hopeless, or irritable a lot the time

## Self-harm

- Cutting
- Scratching
- Burning
- Carving words or symbols into the skin
- Hitting or punching oneself with objects or another surface like a wall or table
- Piercing the skin with sharp objects
- Pulling out hair
- Picking at existing wounds

## Excessive Substance Use

- Increased use, or misuse, of alcohol and other substances, prescribed medications
- Drug-seeking behavior

## Crisis Signs And Symptoms

- When is it Appropriate to Call 911?
  - If the individual is in danger of hurting themselves, others, or property
  - This includes threats and/or actions/plans
- If the individual is severely disoriented or out of touch with reality
  - i.e. Confused on who they are, unclear thinking patterns, making statements that don't make sense, seeing or hearing things that aren't there
- If there are access to means:
  - Includes weapons, drugs, medications, rope, etc
  - Efforts should be made to remove and secure these items

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