

## SUICIDE AWARENESS & PREVENTION

# Warning Signs In Teens

While suicide can affect all age groups, teens are especially vulnerable due to ongoing brain development and the intense emotional and physical changes of adolescence. Stress, confusion, fear, and doubt may overwhelm their ability to cope or see that things can improve. Understanding the warning signs can help parents, caregivers, and loved ones intervene early.

### Common Triggers:

Teen stress may be intensified by:

- Loss of a loved one (including pets) or divorce
- Breakups, accidents, or injuries
- Bullying or cyberbullying
- Anniversaries of a death or suicide
- Family or Intimate Partner Violence
- Chronic illness
- Academic struggles or failure

### Risk Factors:

Teen suicide risk can vary by age, gender, culture, and social environment. Common risk factors include:

- Mental health or substance use disorders
- Family history of mental illness or suicide
- Past suicide attempts
- Exposure to others' suicidal behavior
- Impulsivity
- Physical, sexual, or emotional abuse
- Recent loss or trauma
- Access to firearms
- Incarceration

### Warning Signs:

Many signs of suicidal thinking mirror symptoms of depression. Be alert to:

- Withdrawal from friends, family, or activities
- Loss of interest in school or hobbies
- Changes in sleep or eating habits
- Talking or writing about suicide
- Feelings of hopelessness or helplessness
- Talking about being trapped, or being a burden
- Risk-taking or reckless behavior
- Substance abuse
- Mood swings or emotional distress
- Giving away possessions
- Running away
- Neglecting appearance or hygiene

If you notice these signs, take them seriously.

If you're concerned about a teen or need support, contact the Employee Assistance Program (EAP) for help at 800-327-4968 or visit [EAP4YOU.com](https://www.eap4you.com)

**In an emergency, call or text 988 — the Suicide & Crisis Lifeline — available 24/7.**