

12 SIGNS OF BEING AT RISK FOR SUICIDE

1. Poor academic performance
2. Frequent absence or excessive tardiness
3. Intensifying reliance on you or others
4. Lethargy or falling asleep in class
5. Sudden changes in clothing, manner, or personal hygiene
6. Impaired speech, disorganized thinking, inappropriate feelings, lack of affect, or hyperactivity
7. Violent actions or expressions or extreme changes in mood
8. Withdrawal and social isolation
9. Inability to focus both on a specific activity or conversation
10. Statements indicating mistrust or feelings of persecution
11. Sentiments of general unhappiness that last several weeks
12. Significant weight gain or loss.