

WARNING SIGNS OF SUICIDE IN TEENS

Recognize the Signs. Respond with Care.

Emotional Changes

- Persistent sadness or hopelessness
- Sudden mood swings or withdrawal
- Irritability, rage or feeling like a burden

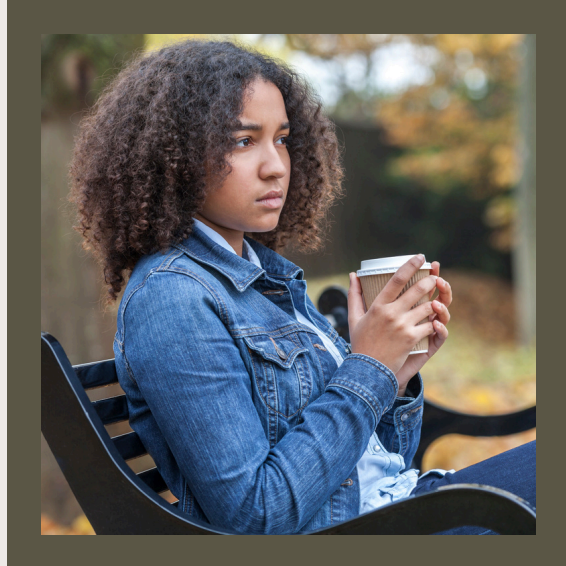
Behavioral Shifts

- Talking, writing or posting about death
- Withdrawing from friends, activities or school
- Giving away possessions or “saying goodbye”
- Risk-taking, reckless or self-harming behavior

Physical Symptoms

- Fatigue, headaches, stomachaches
- Changes in appetite or sleep
- Complaints with no clear medical cause

Teens may not verbalize emotional pain. They may “mask” distress, act out, or express emotions through physical complaints. Don't assume silence means safety.



What Increases Risk?

- Trauma, abuse or neglect
- Depression, anxiety or major loss
- Bullying, racism or social rejection
- Family conflict, instability or identity-based shame
- Isolation, poverty or lack of access to mental health care

Act If You Notice These Signs

- Ask the teen how they're feeling
- Use direct, caring language: “Are you thinking about hurting yourself?”
- Don't wait for them to ask for help

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COUNTY



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