

# WARNING SIGNS OF SUICIDAL IDEATION IN CHILDREN/YOUTH



## Watch for Changes in Behavior

- Changes in sleeping patterns
- Changes in eating habits
- Withdrawal
- Depression
- Psychosomatic symptoms (*headaches, stomach aches, or other pains that can't be explained*)

*Remember - Changes may be subtle. Trust your instincts.*

## Preoccupation with Death

Questions about death are normal; however, if your child/youth begins to display a preoccupation with death, such as researching ways to die or talking about their own death, this could be a warning sign of suicidal ideation.



## Be Aware of Changes at School

Some changes in grades and attitudes are normal, but a pattern of negative change can be a warning sign. Look for:

- Drop in grades
- Decreased interaction with teachers and peers
- School refusal
- Any loss of interest in activities that were previously enjoyed (*sports, clubs, etc.*)

## Feelings of Hopelessness

Take note if your child/youth displays feelings of hopelessness for the future. They may communicate this by saying that there is no one able to help.

Children/youth giving away their favorite toys or possessions or even just talking about this can be a sign of hopelessness, especially when combined with other changes.



**If you have any concerns that your child/youth may be engaged in suicidal ideation, please reach out for help.**

- School Counselor/Teacher
- Military Family Life Counselor
- CYS Director
- Family Pediatrician
- Family Advocacy Program Manager

