

Suicide Risk Factors

Symptoms

Difficulty sleeping/nightmares	Increase or decrease in appetite
Weight gain/loss	Lethargic
Social withdrawal	Acting out
Mood swings	Temper tantrums
Restlessness/hyperactive	Accident prone
Truancy/running away	Impulsivity
Physical complaints	Confused thinking
Seeing, hearing, feeling what is not there	Difficulty concentrating
Masking rage (fire setting, vandalism, etc.)	Preoccupation with death
Making final arrangements	Anxiety

Feelings

Hopelessness/Helplessness	Feels need to be punished
Lack of alternatives	Perceived lack of support from others
Anxiousness	Anger/Irritability
Sadness/Depression	Self-blame/Guilt

Situational Factors

Loss of loved ones by death, divorce, or separation (who, when?)	
Loss of peer relationships	Lack of parent support
Loss of school/sports	Poor school performance/pressure to achieve
Pressure to achieve	Health problems/sickness/accident
Family problems	Legal problems
Drug or alcohol use/abuse	Low self-esteem

Risk of Harm to Self/Others

Suicidal thoughts	Suicidal plan (specify)
Suicidal gestures	Threats of suicide (specify)
Previous suicide attempts	Family history of suicide
Thoughts of harming others	Plan to harm others (specify)
Efforts to harm others	History violent behavior
Access to lethal means previously stated	Amount of energy devoted to planning harm to self/others

Protective Factors

Family support	Peer support
Supportive teacher(s)	Other support systems
Involved in counseling relationship (who, where?)	

WHAT SHOULD I DO?

Immediate referral to support staff (school counselor, social worker, nurse, or school psychologist)