

Risk factors: These can feel insurmountable

- [Breakups](#) (friend or romantic) and losing their friend groups
- Not having future plans meet expectations (e.g. denial letters from college or acceptance letters from schools but ambivalence about the choice)
- Being cut from sports or other activities
- Having parents lose jobs or significant family transitions
- Death of family members, etc.
- Being abused or assaulted
- Feeling like you are a “failure” academically or in another performance arena
- Having stress/ tension in your relationships (friends, romantic partners, family)
- Feeling like you are not accepted and loved fully for who you are or that you don’t belong (e.g. race, ethnicity, [gender](#), [sexuality](#), religion, ability, and other aspects of identity)
- Being bullied (including [cyber bullied](#))
- Illness or injury

Increased risk when these are present:

- [Substance](#) (drug) and alcohol use
- Depression and anxiety
- [Poor sleep](#) (most teens need between 8-10 hours nightly), [poor eating](#) and nutrition, and irritability
- Impulsivity and poor judgment
- Hopelessness
- Lack of connection to caring others
- [Excessive social media time](#)

Other things to watch for:

- Talking about suicide or death in general
- Giving hints that they might not be around anymore
- Talking about feeling hopeless or feeling guilty
- Pulling away from friends or family
- Writing songs, poems, or letters about death, separation, and loss
- Giving away treasured possessions to siblings or friends
- Loss the desire to take part in favorite things or activities
- Having trouble concentrating or thinking clearly
- Changes in eating or sleeping habits
- Engaging in risk-taking behaviors
- Losing interest in school or sports
- Changes in personality