Depression and Suicide: Signs and Symptoms

Depression and suicide can be scary topics to discuss, especially for young people who may have difficulty expressing their feelings. Most people who are considering suicide reveal their need for help through non-verbal messages. Learn to recognize the following warning signs of depression and suicide risk.

Signs and Symptoms to Look For:

- **Feeling worthless, withdrawn, helpless, and overwhelmed: "Nobody cares."**
- **Loss of hope for future, sense of futility: "Things will never get better."**
- **Loss of interest in previously enjoyed activities: "I don't care anymore."**
- **Feelings of guilt, self-blame, self-hatred: "It's my fault; I hate myself."**
- **Isolation, loss of interest in friends, being alone: "Leave me alone."**
- **Fear of losing control, hurting self or others: "I don't know if I'm in control."**
- **Abrupt change in personality: mood changes, irritability, agitation, and apathy.**
- **Change in behavior: poor school performance/attendance, change in routine.**
- **Change in sleeping pattern, insomnia, extreme difficulty getting out of bed.**
- **Marked anxiety over schoolwork, money, relationships, illness.**
- **Pressure toward perfectionism, high self-criticism, extreme drive to succeed.**
- **Drug and alcohol use, increased risk-taking behavior, impulsivity.**
- **Preoccupation with death or morbid topics, ambivalence towards living.**
- **Suicidal talk, plans, or statements: "I should just kill myself."**
- **Suicidal gestures: taking pills, self-mutilation.**
- **Giving away personal possessions, putting affairs in order.**
- **Recent loss: death, divorce, separation, job, finances, status, self-esteem.**
- **In children, depression can be seen as agitation, hyperactivity, and restlessness.**