

## Warning Signs of Suicide

Listen and look for these warning signs for suicidal behavior. Warning signs are the earliest detectable signs that indicate heightened risk for suicide *in the near term* (i.e., within minutes, hours, or days), as opposed to risk factors that suggest longer-term risk (i.e., a year to a lifetime). Note that aside from direct statements or behaviors threatening suicide, it is often

or may not be involved. Actual "autocides" are when the driver leaves a note indicating that he or she used a vehicle as a means to die. On rare occasions, more than one person may be in the vehicle.

**Q: What is the connection between self-harm and suicide attempts?**

**A: Self-harm is defined as a deliberate and usually repetitive destruction or alteration of one's**



## Frequently Asked Questions about Youth Suicide

**Q:** Will talking about suicide give people the idea to do it? Could we do more harm than good?

**A:** Talking about suicide does not cause suicide to occur. In fact, it can be an excellent prevention tool. People who are not suicidal reject the idea, while people who may be thinking

**Q: Don't most suicides happen without any warning signs?**

**A:** There are almost always warning signs, but unless we know what they are, they can be very difficult to recognize. That is why suicide prevention education is so important. Research has demonstrated that in over 80 percent of deaths by suicide, a warning sign or

and/or die by suicide. Sensationalized and repetitive media coverage of suicide has been

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