

## **Depression and suicide have many common warning signs**

If your son or daughter shows one or more of the following behaviors, you should pay attention:

- Sadness or anxiety
- Feelings of guilt, helplessness, or hopelessness
- Trouble eating or sleeping
- Withdrawing from friends and/or social activities
- Loss of interest in hobbies, work, school, etc.
- Increased use of alcohol or drugs
- Anger
- Excessive irritability
- Excessive impulsivity

**In particular, the following are emergency warning signs for potential suicide:**

- Talking openly about committing suicide
- Talking indirectly about "wanting out" or "ending it all"
- Taking unnecessary or life-threatening risks
- Giving away personal possessions

**The national suicide hotline number is 1-800-273-TALK**

**Information from:**

[http://www.jedfoundation.org/programs\\_parents\\_depression.php](http://www.jedfoundation.org/programs_parents_depression.php)

Excellent source of information on depression and suicide:

<http://www.jedfoundation.org/index.php>

**Park University Counseling Center**, Dearing Hall,  
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