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In the United States, suicide is the third leading cause of death in the young adult age group (15-24). The gender ratio for this age group is 7 to 1, males to females. The 6th leading cause of death among those **5 to 14** years of age. An estimated 500,000 teenagers attempt to kill themselves every year, and about 5000 succeed. That's right up there with cancer and homicide.

Parents should be aware of these other warning signs that their teenager may be having suicidal thoughts:

- They may begin to isolate themselves, pulling away from friends or family
- They may no longer participate in what was their favorite things or activities
- They may have recently developed trouble thinking clearly
- They may have changes in their personality (darker, more anxious, or non-caring)
- They may be experiencing changes in eating or sleeping habits
- They may talk about suicide or death in general
- They may express feelings of hopelessness or guilt
- They may exhibit self-destructive behavior (substance abuse, dangerous driving, recklessness, excessive risk taking)
- They may have changes in their personal hygiene and appearance
- They may complain about anxiety-related physical problems (stomachaches, headaches, hives, fatigue, blurred vision)
- They may have difficulty accepting praise or rewards.

## **# 1 CAUSE OF SUICIDE: UNTREATED DEPRESSION**

It can be very hard to diagnose depression. There are many different kinds of depression and not all people will have the same symptoms, or have them to the same degree. Here are some symptoms to watch for and if they last more than a few weeks, a doctor or psychiatrist should be consulted.

- ***Persistent sad or "empty" mood***
- ***Feeling hopeless, helpless, worthless***
- ***pessimistic and or guilty***
- ***Substance abuse***
- ***Fatigued or loss of interest in ordinary activities***
- ***Disturbances in eating and sleeping patterns***
- ***Irritability, increased crying, anxiety and panic attacks, (Post Traumatic Stress Disorder)***
- ***Difficulty concentrating, remembering or making decisions***
- ***Thoughts of suicide; suicide plans or attempts***
- ***Persistent physical symptoms or pains that do not respond to treatment***