

Warning Signs of Suicide

There are several red flags that indicate a person may be considering suicide. Here are few to look out for:

- **Verbal:** Saying things like, “I just want to end it all,” “I feel trapped,” “The pain is unbearable,” “I don’t have a reason to live,” or “I’m just a burden on people now.”
- **Mood:** Experiencing signs of depression, anxiety, apathy, or rage.
- **Behavioral:** Bingeing (alcohol/drugs/other destructive behaviors), giving away prized possessions, withdrawing socially, oversleeping, and self-harming (e.g., cutting).
- **Emotional:** Feeling intense self-hatred, hopelessness, shame, bottled-up anger, or desire for revenge.
- **Medical:** Being diagnosed with a mental health disorder or having a history of previous suicide attempts.

Having one or more of these warning signs doesn’t necessarily mean your child is suicidal. However, being unable to cope with them in a healthy way can lead to them thinking that suicide is the only option to end the pain. If you believe your child may be suicidal, there are local counselors you can talk with.

Resources

Talk with Someone:

- **National Suicide Prevention Lifeline:** Call 1-800-273-8255 (available 24/7)
- **Crisis Text Line:** Text 741741 (available 24/7)
- **Recommendations for local counselors:** Contact your youth pastor
- **Pray with someone at Life.Church Online:** Visit www.life.church/prayer
- **Emergency situations:** Call 911 immediately

Bible Plans in the YouVersion Bible App:

- **[Overcoming Thoughts of Suicide and Self-Harm](#)**
- **[21 Days to Beat Depression](#)**

Life.Church Message Series:

- **[Healed](#):** Your scars aren’t imperfections. They’re proof you’ve been healed.
- **[Overcomer](#):** You’re not a prisoner to fear, apathy, or insecurity. You’re an overcomer.
- **[Words to Live By](#):** Your thoughts don’t have to hold you down. Find some words to lift you up.

Other Life.Church Resources:

- One of our therapists has prepared **[a special Finds.Life post](#)** to help guide conversation.
- Join the **[LC Parents group](#)** on Facebook.
- Visit **www.life.church/parents** for more resources to help you engage in discussions with your child.

As you provide resources, combine them with a few practical next steps you can do together. For example, if you recommend a Bible plan, you can offer to read through it with them.