

Suicide Prevention Month: Recognizing the Signs in Yourself



Image 1: [Henry Ford College](#)

September is Suicide Prevention Month, and while we often talk about noticing warning signs in others, it's just as important to check in with yourself. Research has shown that both actual loneliness (living alone) and subjective loneliness (feeling alone) are linked to suicidal behaviors (Shoib et al., 2023). When you feel like you can't talk to anyone, the risk can be higher—making self-awareness and reaching out for help even more critical. Warning signs might include withdrawing from friends, feeling hopeless, losing interest in activities, or changes in sleep and appetite.

According to our head counselor, Ms. Moran, some of the biggest red flags are when a student “pulls away from friends to spend time alone, isn't eating well, or isn't sleeping well.” She explained that these shifts are hard to spot in yourself because “they don't come on overnight—they slowly become the norm.” That's why it's so important for friends and family to check in. But if you do recognize these signs in yourself, Ms. Moran encourages you to “just talk about it,” whether with a parent, a pediatrician, or a trusted adult at school.

If you notice these signs in yourself, remember you don't have to go through it alone. At school, resources like the counseling department or Ms. Varga (school social worker located in Flight School; VargaB@fultonschools.org) are available, along with the Suicide & Crisis Lifeline at 988, which is open

24/7. Ms. Moran also recommends trying to hang out more socially and spending time outdoors, since it's easy to isolate when you're feeling low. Her main message to students is simple but vital: "You are not alone."

Source: Shoib S. et al., "Association Between Loneliness and Suicidal Behaviour: A Scoping Review," Turk Psikiyatri Derg, 2023