

Understanding Suicidal Thoughts in Adolescence and Young Adulthood

Before you read: This content talks about suicide prevention. Some linked sources may include sensitive topics. Our goal is to raise awareness, promote prevention and care for readers' well-being.

Being a teen or young adult can feel overwhelming. This stage of life often includes big choices about school, work and relationships. At the same time, the brain is still developing, and identity is still taking shape. These changes can bring strong feelings like sadness, anxiety and hopelessness.

Many young people are struggling today. Fifty-seven percent of high school girls and 29% of high school boys report feelings of sadness or hopelessness (American Psychological Association). Thirty-one percent of teens live with anxiety (National Institute of Mental Health). Young people may feel uncertain about who they are or where their life is going. These feelings often grow during big changes, such as starting high school, leaving for college or beginning a first job.

Feeling Alone Is Common

Loneliness is another challenge for many young people. One in three young adults say they often feel alone (American Psychological Association). Social media can make this worse. Seeing only the best moments of other people's lives can create pressure and self-doubt. It can make it feel like everyone else is doing fine, even when that is not true.

Mental Health Struggles Often Begin Early

Mental health challenges are common during adolescence and young adulthood. Many mental health conditions begin before age 24 (National Library of Medicine). This does not mean something is wrong. This stage of life includes stress, change, and strong emotions. Young people are learning how to manage independence, relationships and self-identity, often without clear guidance.

The Risk Is Real

The impact can be serious. Research shows that approximately 1 in 5 college students report having experienced thoughts of suicide at some point in their lives, and about 1 in 10 report such thoughts in any given year

[More on Page 2](#)



57% of high school girls and 29% of high school boys report feelings of sadness or hopelessness.

American Psychological Association

LCT-417-20260720





(National Library of Medicine). Many of them report feeling that they have no one to talk to about these thoughts. Silence can make pain feel heavier.

Help Makes a Difference

Thoughts of suicide are not a sign of weakness. They are a sign that someone feels overwhelmed and needs support. If you feel this way, or if someone you know does, speaking up is important. You can:

- Talk with a trusted friend or adult
- Reach out to a counselor or health care provider
- Call or text the Suicide and Crisis Lifeline at 988

You do not have to solve everything at once. You do not have to go through this alone.

It is normal to feel unsure about the future. It is okay to feel lost at times. What matters is not staying silent. Mental health is health, and asking for help is a strong and brave step.

#StopSuicide

If someone is in crisis, encourage them to call the **Suicide and Crisis Lifeline** at 988 or 800-273-8255. Help is free, private and available all day, every day.

Reviewed by Clinical Consultant, LMHC.

Call 911 if someone is in immediate danger or a life-threatening emergency requiring immediate physical intervention. If you or someone you know is struggling emotionally, feeling overwhelmed, anxious, hopeless, in crisis, or simply needs someone to talk to, call or text 988 for free, confidential support 24/7. The 988 Lifeline is available to anyone in the United States or U.S. territories. People do not have to be suicidal or in immediate danger to call or text 988. There is also a chat feature available on 988lifeline.org. Lucet members can contact us to connect with free resources and find care.