

YOUTH SUICIDE WARNING SIGNS

CRISIS TEXT LINE |

Text HOME to 741741



YOUTH

HEALTHCARE PROFESSIONALS

PARENTS/CAREGIVERS

GATEKEEPERS

ABOUT

If you are concerned about someone, ask yourself the following questions. Has your friend or family member shown or shared any of the following:

1. Talking about wanting to die, be dead, or about suicide, or are they cutting or burning themselves?

2. Feeling like things may never get better, seeming like they are in terrible emotional pain (like something is wrong deep inside but they can't make it go away), or they are struggling to deal with a big loss in their life?

3. Or is your gut telling you to be worried because they have withdrawn from everyone and everything, have become more worried or on edge, seem unusually angry, or just don't seem normal to you?



WHAT YOU CAN DO TO HELP

HOW TO RESPOND





If you know someone who has any of the warning signs, there are things that you can do to help:

1. Ask them if they are okay and listen to them like a true friend.
2. Tell them you are worried and concerned about them and that they are not alone.
3. Talk to an adult you trust about your concerns and direct the adult to [this page](#).

DONT KEEP
SOMEONES SUICIDAL
THOUGHTS AND
PLANS A SECRET.

REMEMBER THAT BEING
A GOOD FRIEND CAN
HELP SAVE A LIFE.

THANK YOU FOR
CARING ENOUGH TO
MAKE A DIFFERENCE.