

KNOW THE WARNING SIGNS 

Youth who are thinking about suicide often show signs of their distress. Here are some warning signs to look for:

TALK  Someone who is considering suicide may show signs of their distress through what they say. They may say that they're feeling trapped, are a burden to others, or have no reason to live.

If someone you know has lost interest in things they used to care about, or seems to be feeling unhappy, irritable, or angry, they may be struggling with depression, a risk factor for suicide...

MOOD 

BEHAVIOR  Someone acting recklessly, increasing their use of drugs or alcohol, or experiencing changes in their sleep habits may be at risk of suicide.



FRONT

 If you or someone you know needs immediate support, dial/text **988**, or chat **988.com** to be connected to a trained crisis center worker. 

VISIT OUR RESOURCE PAGE!

We've compiled local, regional, and national resources to help you get the info you need about mental health support and suicide prevention, including...

-  **FREE, anonymous mental health screening**
-  **Specific info for students & young adults, including LGBTQ youth**
-  **Resources for parents, educators, and the community**

 **SCAN ME**

BACK