

# SUICIDE PREVENTION LIFELINE

**1-800-273-8255**

## **Youth Suicide Warning Signs:**

- A previous suicide attempt
- Current talk of suicide or making a plan
- Strong wish to die or a preoccupation with death
- Giving away prized possessions
- Signs of depression, such as moodiness, hopelessness, withdrawal
- Increased alcohol or other drug use
- Hinting at not being around in the future or saying good-bye

## **What to do:**

- Listen and express concern in a non-judgmental way
- Trust your suspicions that the child may be in danger
- Take action! Get them connected to a professional or take them to the emergency room immediately
- Ask questions openly ('Do you have a plan to hurt yourself? Will you talk to someone who can help?')
- Show you care, stay calm and remove all potential methods for suicide such as guns, pills, etc
- Take all threats seriously
- Stay with your child, do not leave them alone

## [National Suicide Prevention Lifeline](#)

The Lifeline provides 24/7 support, free and confidential