

Warning Signs

- Previous Suicide Attempt
- Current Talk of Suicide or making a plan
- Strong wish to die or preoccupation with death
- Giving Away Prized Possessions
- Increased Use of alcohol/and or other drugs
- Sudden changes in relationships
- Change in appearance
 - Weight gain or loss
 - Hygiene changes
- Change in friends or
- Signs of depression
 - Moodiness
 - Helplessness
 - Hopelessness
 - Joylessness

Resources for Help

- 24-hour Crisis Line: 866-4CRISIS (866-427-4747)
- Teen Link: 206-461-4922
 - Chat line: www.866teenlink.org (6:00 – 10:00 p.m.)
 - National Prevention Line: 1-800-273-TALK (8255)
 - Suicidepreventionlifeline.org
 - Crisis Text Line = Text "GO" to 741741
 - School Counselors, Teachers, other School Staff
 - Parents, Extended Family and Friends, Clergy, Coach
 - Physicians/Health Care providers
 - Mental Health Specialist
 - Police/ dial 911 and Hospital Emergency Room
 - Private Clinics and Facilities

YOUTH SUICIDE PREVENTION

What You Can Do:

Show You Care

- Listen Carefully.
 - "I'm concerned about you....About your feelings."
 - "You mean a lot to me and I want to help."
 - "I don't want you to kill yourself."

Ask the Question

- Be direct in a caring and non-confrontational way.
 - "Are you thinking about suicide?"
 - "How long have you been thinking about killing yourself?"
 - "Have you thought about how you would do it?"

Get Help

- Do not leave him/her alone
- "You're not alone. Let me help you."
- "I know where we can get some help."
- "I can go with you to where we can get some help."

LIST at least ONE person in each of YOUR PERSONAL SUPPORT SYSTEM areas:

FRIENDS:

FAMILY:

PROFESSIONALS:
