

It's important to take care of yourself and remember to **ACT!**

## Acknowledge that you're seeing signs of suicide in yourself or a friend.

Signs your friend might need help include:

# A



Major changes in behavior



Sounding really down or hopeless



Withdrawing from family and friends

## Show your friend that you **Care** and practice self-care.

### Ways to Care for yourself



Exercise



Start a healthy hobby like journaling, reading, crafts, etc.



Keep a regular routine



Get enough sleep

# C

### Ways to Care for a friend



Stay in touch, even if it's virtually

Remind them to practice self-care, like you are doing



## Tell a trusted adult.



Whether this year's classes are held virtually or in-person, it's important to find a trusted adult to talk to. To help, make a list of trusted adults below - remembering to think about extended family members, friends' parents, teachers you may still be able to contact, or more.

# T

_____	_____
_____	_____
_____	_____

**Help is always available.** If you need someone to talk to, reach out to these resources. Reach the **Crisis Text Line** by texting **ACT** to **741741**. Contact the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**

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