BELIEVE you MATTER

Recognizing the Warning Signs in Yourself & Others

Everyone struggles sometimes. Knowing what to look for — whether in yourself or a friend — can help you take action early. You don't need to have all the answers. You just need to care enough to notice and speak up.

What to look for in yourself

- Feeling hopeless, worthless or like a burden
- Losing interest in things you used to enjoy
- Withdrawing from friends, family or activities
- Trouble sleeping or sleeping too much
- Big changes in mood, energy or behavior
- Thinking about death or wishing you could disappear

If you notice these signs in yourself, it's okay to ask for help. You don't have to wait until things feel really bad.

What to look for in a friend

- Talking about feeling hopeless or not wanting to be here
- Saying things like "I can't do this anymore" or "Everyone would be better off without me"
- Giving away personal items or saying goodbye
- Acting recklessly or taking big risks
- Suddenly becoming very calm after a period of sadness

If something feels off, trust your gut. It's better to check in than to stay silent.

How you can help a friend

- Ask how they're really doing.
- Listen without judging or trying to fix it.
- Encourage them to talk to a trusted adult, like a school counselor or school social worker.
- Stay with them if they're in crisis.
- Tell someone right away if you're worried about their safety.

You don't have to handle it alone. There are people who care and want to help.

Need help right now?

TEXT, CALL, CHAT

988

Text, call or chat 988 anytime for free, confidential help. Counselors are caring, trained and available to talk in English, Spanish and other languages.

You matter. Help is here.

Scan QR code or visit **beavertonsd.org/BYM** to learn more.

BEAVERTON SCHOOL DISTRICT