SUICIDE WARNING SIGNS FOR YOUTH

You Are Not Alone



It's time to take action if you notice these signs in family or friends:

1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Displaying severe/overwhelming emotional pain or distress.
4. Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
   - Withdrawal from or changing social connections/situations.
   - Changes in sleep (increased or decreased).
   - Anger or hostility that seems out of character or out of context.
   - Recent increased agitation or irritability.

If you or someone you know is struggling or in crisis, help is available.

Text or call 988 or chat 988lifeline.org, or reach out to a mental health professional.

988
SUICIDE & CRISIS LIFELINE

PEP24-988-09