



# There is Hope. There is Help. Suicide is Preventable.

If you or someone you know is thinking of dying by suicide, get help immediately.  
Call 911 or the National Suicide Prevention Lifeline at **1-800-273-TALK**  
or text "HOME" to 741741 to the Crisis Text Line.

## Things to Know and Say



Everyone's life matters.  
Help is available.



People do care.  
Treatment works.



Don't keep it to yourself.  
**Tell a trusted adult.**

## What to Do



- Identify trusted adults at school and home.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friend Asks.
- Recognize the warning signs in yourself, your friends, on social media.
- **Get help. You can't do it alone.**
  - Tell a school psychologist, counselor, teacher, parent, or other adult.
  - Call 911 or 1-800-273-TALK or text "HOME" to 741741.

## Reminders for Friends



- **Connect.** Listen, be accepting, don't judge.
- **Confirm.** Ask if they have thoughts of dying or of suicide.
- **Protect.** Take any threats they make seriously. **Do not agree to keep a secret!** Tell someone.
- **Stay.** Do not leave alone a person you are concerned about being at imminent risk. You might be their lifeline.
- **Act.** Call for help immediately!

## Risk Factors



- Feeling depressed, hopeless
- Deliberate self injury ("cutting")
- Prior suicidal thinking and behavior
- Having family members or friends who have attempted or died by suicide
- Loss of an important relationship (e.g., breaking up)
- Being isolated or alone
- Having been traumatized or abused
- Drug and alcohol use

## Warning Signs



- Suicidal threats, both direct ("I want to die") and indirect ("I wish I could go to sleep and not wake up")
- Suicide notes, plans, social media posts
- Making final plans; giving away favorite things
- Preoccupation with death or revenge
- Changes in behavior, sleeping, eating, appearance, thoughts and/or feelings
- Extreme mood swings, rage, withdrawal
- Sudden unexplained happiness