

WARNING SIGNS OF SUICIDE

- **Anger**
- **Hopelessness**
- **Excessive worrying**
- **Long-lasting sadness**
- **Doing dangerous things**
- **No reason for living**
- **Sleeping problems**
- **Feeling trapped**
- **Avoiding friends/
social activities**
- **Talking or writing
about death**
- **Increased alcohol
or drug use**



HELP IS AVAILABLE. The Lifeline and Crisis Text Line are available 24/7.

Visit your
school
counselor
or school
psychologist.

NATIONAL
SUICIDE PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

I'm not okay.

I'm here, and
I'm listening.

You've got this. Text **hello** to 741741.

CRISIS TEXT LINE |



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