## MARINES GRS OF SUEDE



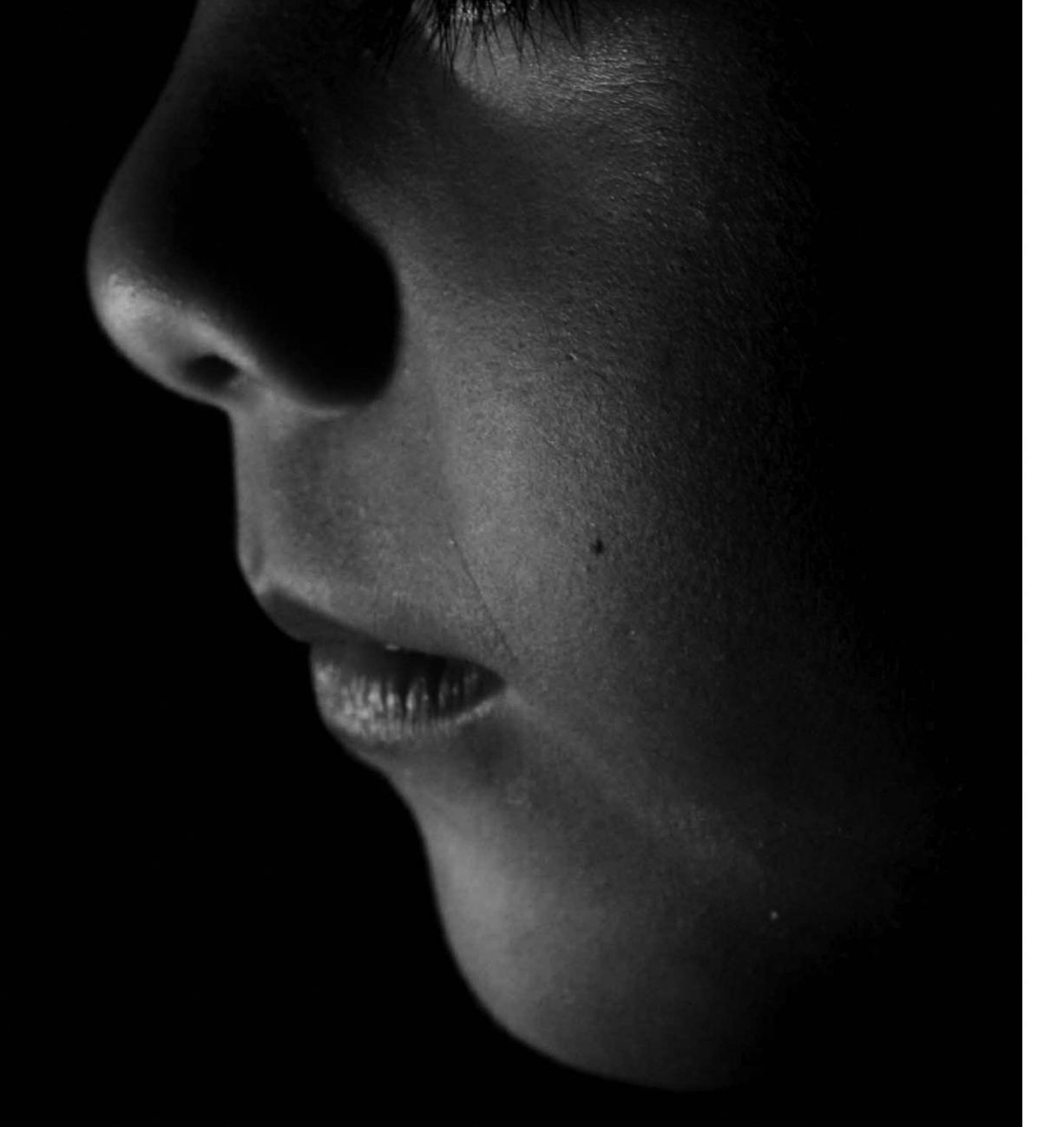
Hopelessness

## Worrying a lot

**Doing dangerous things** 



No reason for living **Sleeping problems** Feeling trapped Avoiding friends/ social activities Talking or writing about death Long-lasting sadness



## The Lifeline and Crisis Text Line are available 24/7.

**Visit your** school counselor or school psychologist.

## NATIONAL P R E V E N T I O N 1-800-273-TALK (8255) suicidepreventionlifeline.org



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