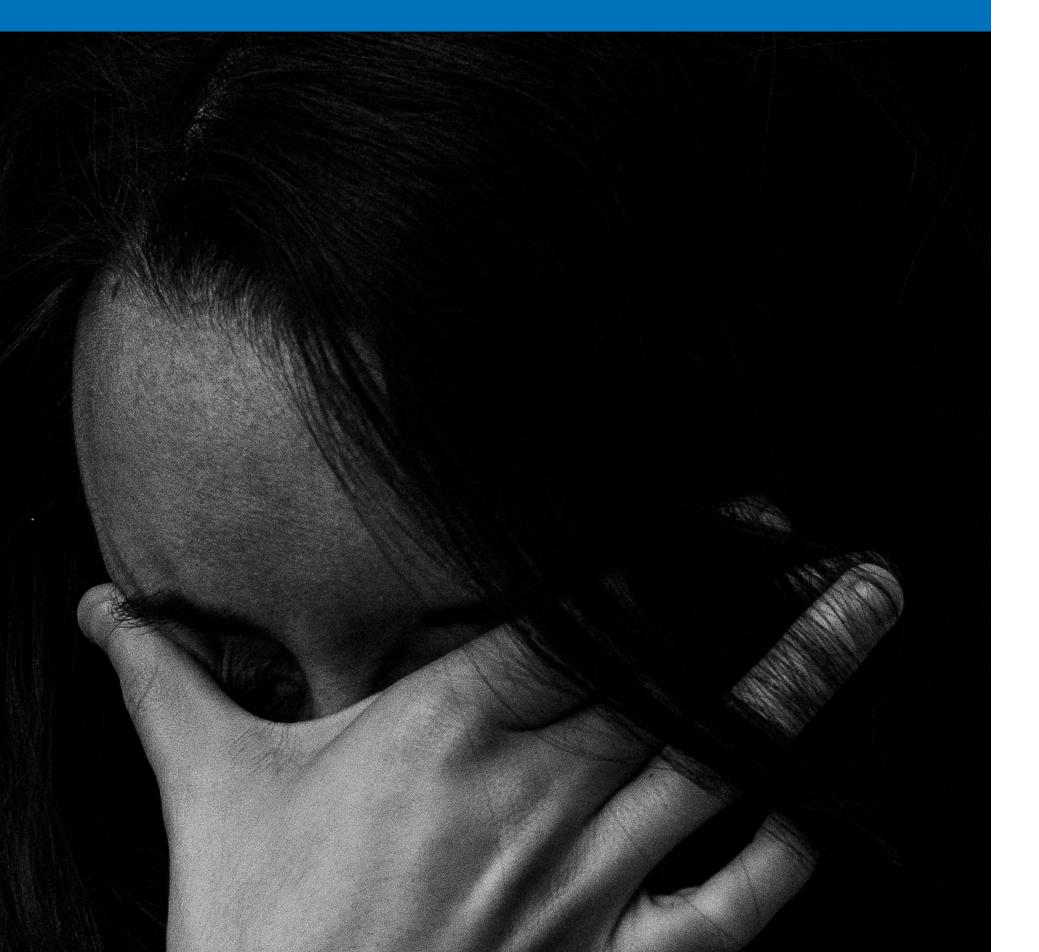
WARNING SIGNS OF SUICIDE



Hopelessness

- **EXCESSIVE WORVING**
- Long-lasting sadness
- **Doing dangerous things**

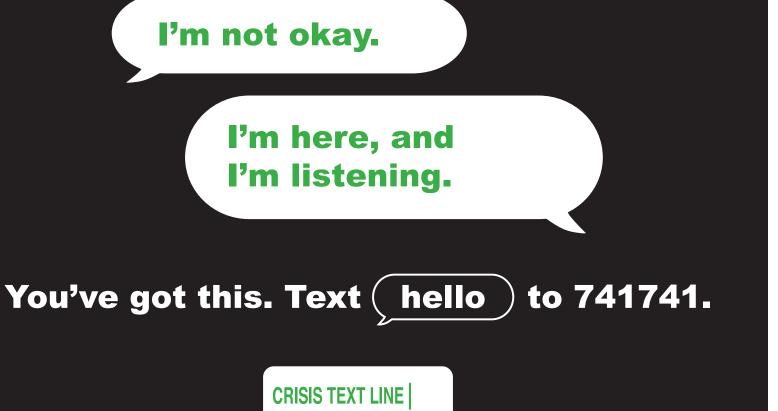


No reason for living
Sleeping problems
Feeling trapped
Avoiding friends/ social activities
Talking or writing about death
Increased alcohol or drug use

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

Visit your school counselor or school psychologist.

SUCCEPTIONAL SUCCEPTION 1-800-273-TALK (8255) suicidepreventionlifeline.org



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