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.

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