

SUICIDE WARNING SIGNS FOR YOUTH

You Are Not Alone



It's time to take action if you notice these signs in family or friends:

1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Displaying severe/overwhelming emotional pain or distress.
4. Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
 - Withdrawal from or changing social connections/situations.
 - Changes in sleep (increased or decreased).
 - Anger or hostility that seems out of character or out of context.
 - Recent increased agitation or irritability.

If you or someone you know is struggling or in crisis, help is available.

Text or **call 988** or chat **988lifeline.org**, or reach out to a mental health professional.

988

SUICIDE & CRISIS
LIFELINE