



**TEENS FOR
HEALTHY YOUTH**

PREVENTING TEEN SUICIDE



**What you can do if you, a friend,
or a loved one is suicidal:**



**Recognize the warning signs.
See back of card.**

**Make a list people who are supportive and
you feel you can talk to when under stress.**



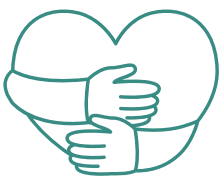
**Talk about your feelings with a parent,
teacher, counselor, pastor, doctor, coach
or other trusted adult.**

**If you have a friend going through this,
acknowledge their feelings and encourage
them to get help.**



**Never keep a friend's suicidal plans or thoughts
secret. It's important to tell a trusted adult
who can help your friend stay safe.**

**Offer to go with your friend or ask a trusted
friend to go with you to seek help.**



**Do not leave a person alone if you are
concerned they are at imminent risk.
Call for help. Immediately.**

**Call the Suicide and Crisis Lifeline - 988.
It's available 24/7, free, and confidential.**



GET HELP. YOU CAN'T DO IT ALONE.

**FOR MORE MENTAL
HEALTH RESOURCES:**

**FOR MORE INFORMATION ABOUT
TEENS FOR HEALTHY YOUTH:**



RISK FACTORS

Hopelessness

Nonsuicidal self-injury (e.g.,
cutting)

Mental illness and substance
abuse

History of suicidal thinking
and behavior

Prior suicide among peers or
family

Interpersonal conflict, family
stress/dysfunction

Presence of a fire arm in the
home

WARNING SIGNS

-Making suicidal statements. Direct (e.g., "I want
to die.") & indirect (e.g., "The world would be better
off without me.")

-Suicide notes, plans, online postings
Being preoccupied with death in conversation,
writing, or drawing

-Having no desire to take part in their favorite
activities.
Giving away prized possessions.

-Engaging in self-destructive behaviors like
drinking, taking drugs, or cutting or increased
risk taking behaviors

-Changes in behavior, sleeping, eating, thoughts,
and feelings.
Withdrawing from friends and family.

FOR MORE INFORMATION ABOUT
PREVENTING YOUTH SUICIDE

