

WARNING SIGNS OF SUICIDE

- Anger
- 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



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

Visit your
school
counselor
or school
psychologist.

NATIONAL
SUICIDE PREVENTION
LIFELINETM
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.

CRISIS TEXT LINE |



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