

How do I know if my friend needs help?

Notice: Big changes in your friend (eating, mood, hanging out, etc.).

Ask: Are you thinking about suicide?
Do you want to hurt yourself?



How do I get help for my friend?

1. Call 911
2. Go to the Emergency Room
3. Seek help from a teacher, counselor, or trusted adult
4. DO NOT leave your friend alone
5. Call or text one of the suicide hotlines



There are many safe places to get support.

1-800-SUICIDE

1-714-NEWTEEN

6-10 pm PST

1-800-273-TALK

1-800-448-3000

Text:

teen2teen to 839863

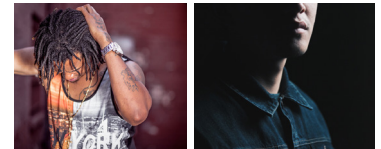
4-10 pm PST

Crisis Text Line 741741

You can contact any of these anonymously just to talk or get information.



#Your Life Matters



#IAMVALUABLE



Getting help isn't a sign of weakness, but one of strength and courage.

10 Warning Signs

That Suggest You or a Friend May Need Help

- 1 Feeling hopeless, sad or worthless... or have a mental illness
- 2 Tired all the time
- 3 Stopped taking care of your appearance
- 4 Angry all of the time, overreacting to situations
- 5 Big changes in eating and sleeping patterns
- 6 Can't concentrate, struggle making decisions
- 7 Anxious—*becoming very impulsive, always moving, excessive fidgeting*
- 8 Withdraw physically and emotionally—*from friends and activities*
- 9 Chronic pain or physical symptoms—*with no known cause and medicine doesn't help*
- 10 Thinking, talking about or attempting suicide—*giving away possessions*



Tell someone. It's better to lose a friendship than to lose a friend.



teensfindinghope.org