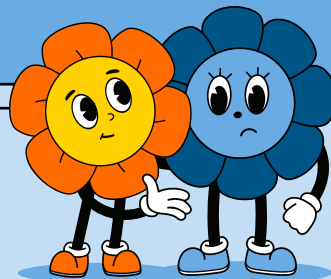


Suicide warning signs



Warning signs.

**Be especially concerned if behavior is new, increased, or seems related to a painful event.*

Talking/texting about — or making plans for — suicide

Expressing **hopelessness** about the future

Showing **severe emotional** pain or distress

Showing **worrisome behavior changes**, like:

Withdrawal from or changes in social connections

Changes in sleep (increased or decreased)

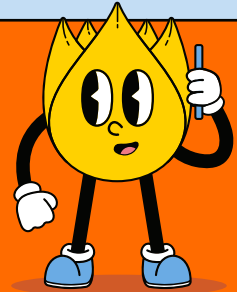
Increased irritability

Anger or hostility that seems out of character/out of context

Giving away things they care about (e.g. jewelry, clothing, tech)

Call or text the Suicide and Crisis Lifeline at 988,
24 hours a day, 7 days a week.

Call Teen Line at 1-800-852-8336 (6 PM–10 PM PT)
or text TEEN to 839863 (6 PM–9 PM PT).



These services are 100% free of charge, confidential and judgment free.

You will:

- Be connected to caring trained pros
- Be heard and understood
- Be asked some questions about yourself (but answering is optional!)
- Receive support and resources

You will not:

- Be required to provide information you don't want to
- Be judged for your feelings