

# Suicide warning signs

If something doesn't feel right with a friend, it's probably not. Know the warning signs of suicide and take them seriously.

## 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

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

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

## A friend having thoughts of suicide might say.

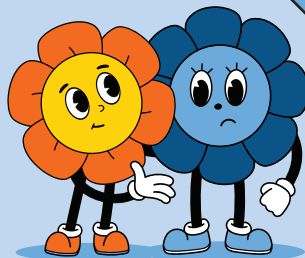
"No one would care  
if I'm gone anyways."

"I don't want to be  
here anymore."

"I just don't care anymore" or  
"What's the point anyways?"

"Everything just  
sucks/hurts."

Or "jokes" like "I'm  
going to kill myself  
if that happens."



If you sense something's wrong, trust your instincts. Reach out and ask, "Are you thinking about suicide?"

Learn more about recognizing warning signs at **[NeveraBother.com](https://NeveraBother.com)**

# Make sure your friends know they are *never* a bother.

If you're worried about a friend, call or text 988 to reach the Suicide & Crisis Lifeline or reach out to a trusted family member, teacher, mentor or counselor. It's okay to break a friend's trust if you're worried they might harm themselves.

**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).

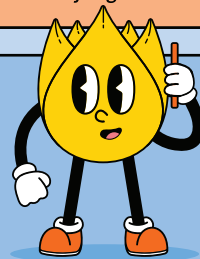
*These services are 100% free of charge, confidential and judgment free.*

## **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



Visit **NeveraBother.org** for additional resources and details on what happens when you contact 988, Teen Line and more.