

Suicide Prevention and Resources for Adolescents

WHY

- It is common among young people who are depressed to have thoughts about hurting or killing themselves. Suicidal behaviors - suicidal thoughts, harming yourself, attempting to kill yourself - are signs of depression.
- Depression is treatable and so are suicidal thoughts. It is OK to tell people when you are suicidal so you can get help.



WHAT YOU CAN DO

- **Let someone know!** Holding your feelings in can make it worse. Don't be afraid to ask for help!
- **Talk to someone you trust** - a doctor, family, teacher, friend, or a counselor - who listens to you without judgment.
- **Do things to reduce your stress.** Learn the cause of your stress and focus on what you can manage easily and right away. Then seek support to help with the tougher things causing you stress.
- **Using alcohol or drugs can make it worse ... not better.** These are a quick fix but can make you feel more depressed or make your suicidal thoughts worse.
- **Keep medications in safe place.** Let your parents take responsibility for your medications to keep them in a safe place.
- **Develop a safety plan that you can share with those you trust** to support you in a time of crisis and keep you safe. Have their contact information with you.
- **Think of things to look forward to** even if it's small thing.

Suicide is a serious subject.

Talking about it can be hard but it is an important step to getting better.



Suicide Warning Signs

- 1 Withdrawal from family and friends
- 2 Doing risky things like getting into fights, driving recklessly
- 3 Having a lot of life stress that seems hard to handle
- 4 Agitation, restlessness, distress, or panicky behavior
- 5 Talking or writing about committing suicide
- 6 Doing worse in school
- 7 Neglecting personal appearance
- 8 Feeling trapped, hopeless, or helpless about a situation
- 9 Increasing use of alcohol or drugs
- 10 Feeling like a burden



Hotlines and Resources

National Suicide Prevention LifeLine: 1 (800) 273 TALK (8255)

Online chat option: <http://www.suicidepreventionlifeline.org/chat>

Crisis Text Line: Text **HOME** to **741741**

Trevor Project has confidential counseling for lesbian, gay, bisexual, transgender, & questioning (LGBTQ) youth in crisis:

Call **1-866-488-7386** or

Text **START** to **678-678** or

Instant message **at TheTrevorProject.org/Help**

Your Life Your Voice from Boys Town Hotline

Call **1-800-448-3000** or

Text **VOICE** to **20121**

Tips: <http://www.yourlifeyourvoice.org>

