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 a 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

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