

# Tips for Youth

## Give Help, Get Help, Prevent Suicide

FAMILY ISSUES

ANXIETY

DEPRESSION

SELF HARM

SUICIDAL  
THOUGHTS

SCHOOL  
PROBLEMS

*Has someone you know shown or shared any of the following:*

1. Talking about wanting to die, be dead, or about suicide, or are they cutting or burning themselves
2. Feeling like things may never get better, seeming like they are in terrible emotional pain (like something is wrong deep inside but they can't make it go away), or struggling to deal with a big loss in their life
3. Withdrawing from everyone and everything, becoming more anxious or on edge, or seeming unusually angry

### *What you can do to help*

- Ask them if they are okay and listen to them like a friend
- Tell them that you are worried about them and that they are not alone
- Don't keep someone's suicidal thoughts or plans a secret
- Talk to an adult you trust about your concerns

**Remember – there is HOPE and there is HELP!**



**CRISIS TEXT LINE |**

**TEXT FL to 741741**

**Trained Crisis Counselors are available 24/7 for support and assistance.**

