



# Teens + Preventing Suicide

## Teens think about suicide.

Mental health experts believe that most teens have probably thought about suicide at some time, in some way.

Thinking about suicide  
doesn't mean there's no hope  
for you or the situation you're in.

And it doesn't mean that someone  
will think you're "losing it."

If you are worried or wondering about suicidal thoughts — yours or a friend's — talk to an adult you trust. **Whatever pain you or a friend may be in right now, there is hope and there is help!**

How do you know when to get help, and who do you call? **Read on...**



# The warning sign

## It's a common warning sign for

Has negative thoughts or memories that he or she can't seem to get rid of.

Feels like his or her moods and problems are a problem for the family.

Feels like he or she is a burden on family and friends — taking too much of their time.

Has little or no energy.

Feels numb, like nothing matters.

Eats or sleeps too much or too little.

Drinks, smokes or uses other drugs — either for the first time or more than usual.

Acts “on edge,” anxious, agitated, angry, upset, or scared. Has unusual mood swings.

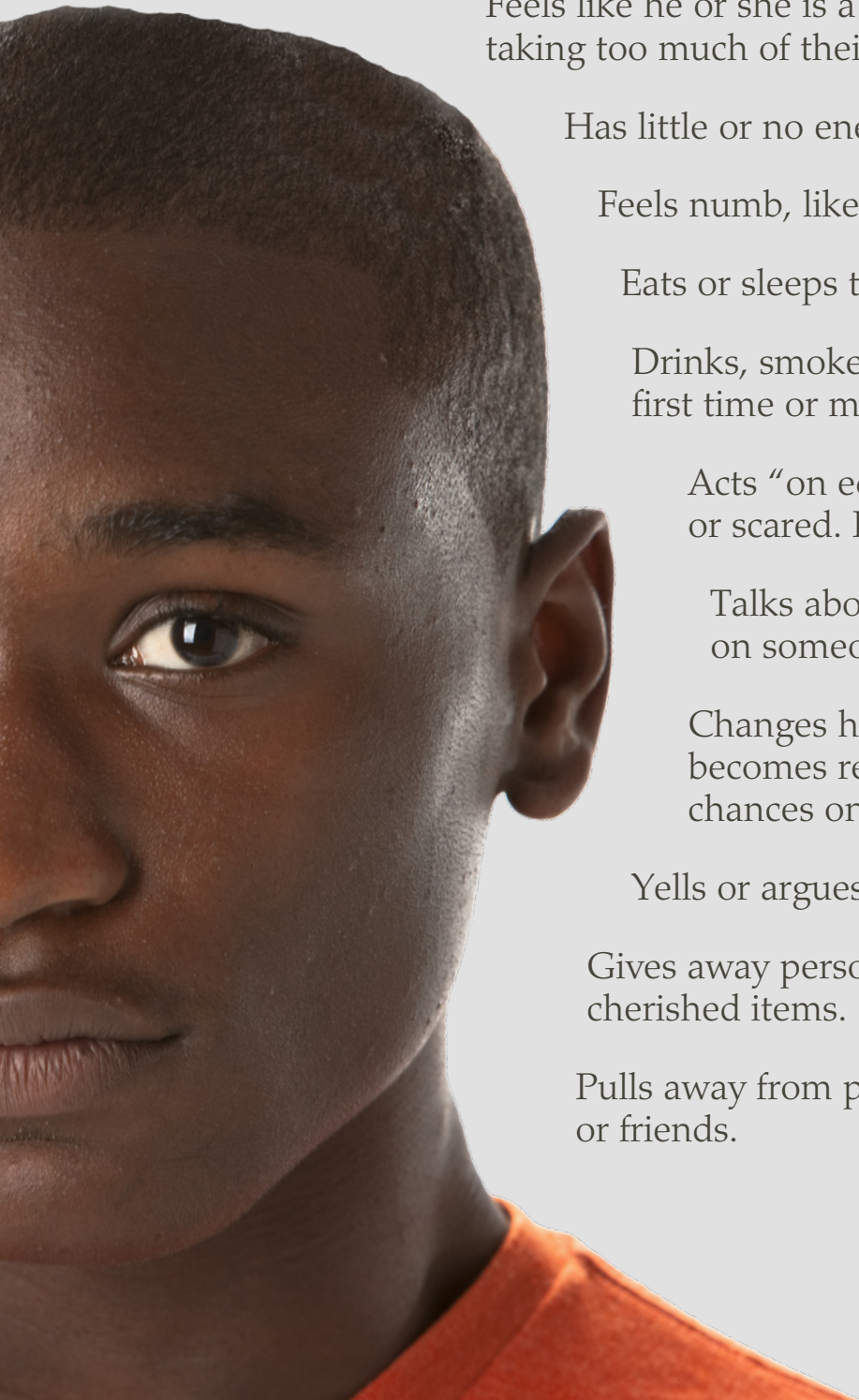
Talks about violence or about getting revenge on someone.

Changes his or her behavior. For example, becomes really active, acts reckless or takes chances on risky activities.

Yells or argues with people more than usual.

Gives away personal possessions, especially favorite or cherished items.

Pulls away from people; spends less time with family or friends.



# Signs of suicide

## suicide when someone ...

Has less interest in personal appearance or in doing things that he or she used to do.

Thinks about hurting or killing him- or herself or someone else.

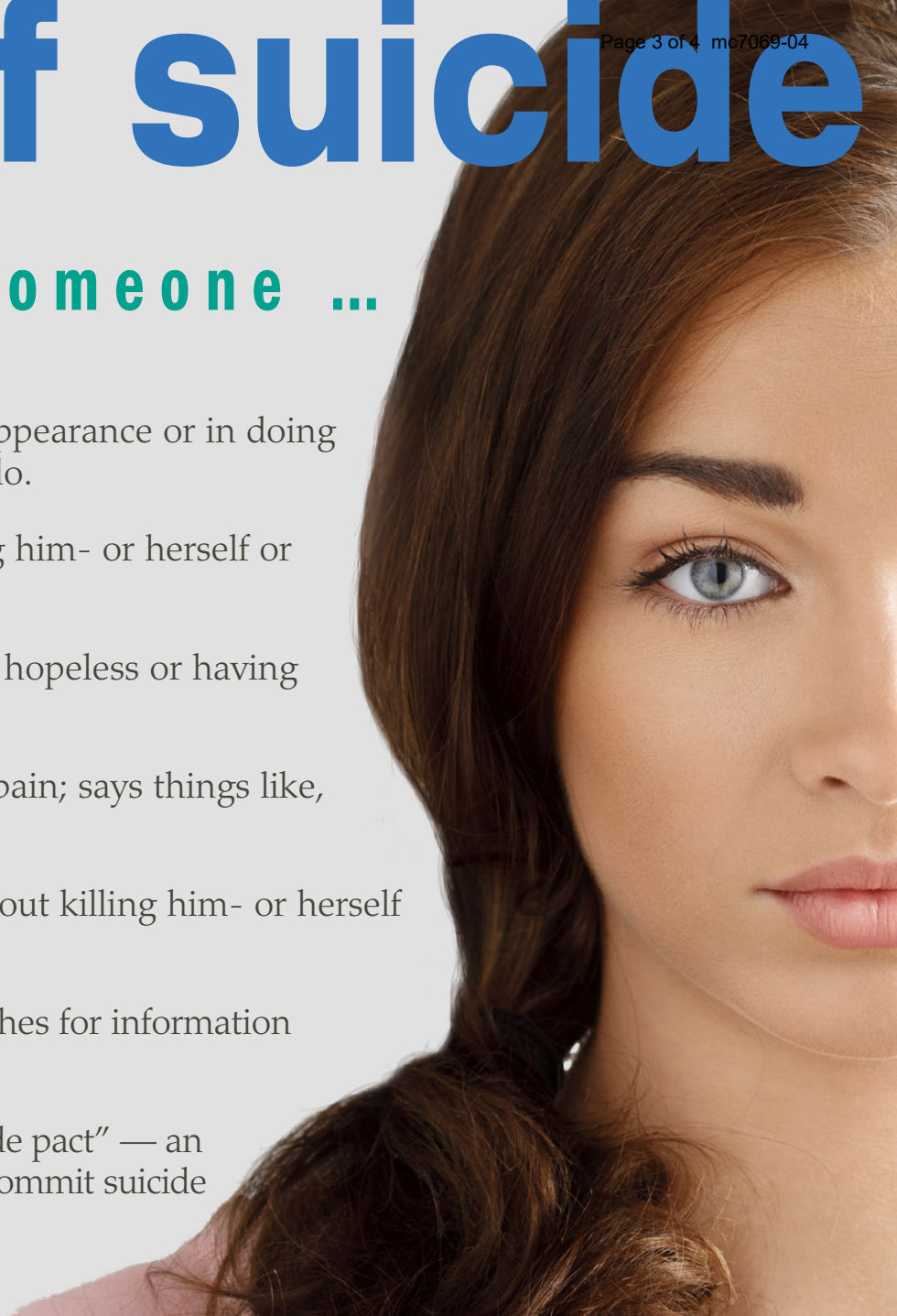
Talks about feeling trapped or hopeless or having no reason to live.

Talks about having too much pain; says things like, "I can't take it any longer."

Talks about wanting to die, about killing him- or herself or about suicide.

Makes a plan for suicide. Searches for information online or gets supplies to do it.

Makes or tries to make a "suicide pact" — an agreement between people to commit suicide at the same time.



If you've thought about suicide, please fill out the other side of this Safety Plan. Then cut this card out and keep it in your wallet. Add this info on your cell phone too, so it's always with you.

**For more information, check out:**

National Suicide Prevention Lifeline:  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

NAMI, the National Alliance for Mental Illness:  
[www.nami.org](http://www.nami.org)



### MY SAFETY PLAN

# There is hope!

**Make a plan now so you know what to do if you think about suicide.**

## Which things cause you to think about suicide?

Some examples are when you feel ignored, alone or like a failure... Or when people say mean, hurtful things...

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## What can you do to improve your safety?

How can you change what you're thinking or how you feel? **What can you do to change or stop any activity that may not be safe for you?** Try activities that are physical, relaxing, social, creative, or spiritual. Go for a walk or do some stretches; volunteer to help someone else; play with the dog. Don't forget about talking to an adult you trust.

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## Who can you talk to?

Options may include a counselor, coach, teacher, a friend's parent, or a pastor, priest or rabbi. What about a friend's parent?

## Keep calling until you reach someone!

Parent or guardian: \_\_\_\_\_ phone: \_\_\_\_\_

Family member: \_\_\_\_\_ phone: \_\_\_\_\_

Doctor or therapist: \_\_\_\_\_ phone: \_\_\_\_\_

Other: \_\_\_\_\_ phone: \_\_\_\_\_

**National Suicide Prevention Lifeline: 988 or 1-800-273-8255**