[](http://www.suicidepreventionlifeline.org/)Youth Suicide

Warning Signs

1. **Talking about or making plans for suicide**
2. **Expressing hopelessness about the future**
3. **Displaying severe/overwhelming emotional pain or distress**
4. **Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:**

* ***Withdrawal from or changing in social connections/situations***
* ***Changes in sleep (increased or decreased)***
* ***Anger or hostility that seems out of character or out of context***
* ***Recent increased agitation or irritability***

How to Respond

***If you notice any of these warning signs in anyone, you can help!***

**1. Ask if they are ok or if they are having thoughts of suicide**

**2. Express your concern about what you are observing in their behavior**

**3. Listen attentively and non-judgmentally**

**4. Reflect what they share and let them know they have been heard**

**5. Tell them they are not alone**

**6. Let them know there are treatments available that can help**

**7. If you are or they are concerned, guide them to additional professional help**

Where can they get help? [Click here](https://findtreatment.samhsa.gov/) to find

mental health professionals near you.

Thank you for caring enough to make a difference