



KNOW THE F.A.C.T.S.

RECOGNIZING THE WARNING SIGNS OF SUICIDE

Are you concerned that someone you may know may be at risk for suicide? Your first step in helping may be as simple as learning FACTS or the warning signs of suicide. The following signs may mean that someone is at risk for suicide.



Feelings:

that seem different from the past, like hopelessness, fear of losing control, helplessness; worthlessness, feeling anxious, worried or angry often



Actions:

that are different from the way that someone has acted in the past, especially things like talking about death or killing themselves, taking dangerous risks, withdrawing from activities/sports or using alcohol or drugs



Changes:

in personality, behavior, sleeping patterns, eating habits; loss of interest in friends or changes in social activities; anger or hostility; or changes in sleep



Threats:

that are focused on a sense of hopelessness, worthlessness, or preoccupation with death; Talking about, writing about, or making plans for suicide; plans like giving away favorite things, obtaining weapon or stash of pills



Situations:

Experiencing stressful situations including those that involve loss, change, or involve getting in to trouble at home, in school, or with the law; a break up; impending changes for which someone feels scared or unprepared

IF YOU OR ANYONE YOU KNOW ARE EXPERIENCING ANY OF THESE WARNING SIGNS, PLEASE REACH OUT TO:

- your school counselor
- an administrator
- a trusted adult

SUICIDE IS PREVENTABLE!

If you need help or have concerns, talk to your
Suicide Prevention liaison:



Need to talk?
WE'VE GOT TIME TO LISTEN

TEXT "GOTS" TO 741-741
TO START A CONVERSATION

CRISIS TEXT LINE |

FREE, 24/7. CONFIDENTIAL CRISIS SUPPORT BY TEXT

988 SUICIDE & CRISIS
LIFELINE

988 LÍNEA DE
PREVENCIÓN DEL
SUICIDIO Y CRISIS

THE
TREVOR
PROJECT

For Young LGBTQ Lives

Text 'START' to 678-678

Call us at 1-866-488-7386