

THINKING ABOUT SUICIDE? - GET HELP NOW A GUIDE FOR TEENS

National Suicide Lifeline:

Call: **800-273-TALK (8255)**

En Espanol: 888-826-9454

Crisis Text Line:

Text **HOME** to **741-741**

(All Available 24/7)

IT'S OKAY
TO TALK
ABOUT
SUICIDE.

**YOUR
LIFE
MATTERS**

**SPEAK
UP
REACH
OUT**

**YOU ARE
NOT
ALONE**

There is HELP. There is HOPE.

Retrieved from: <https://cambridgewords.files.wordpress.com/2018/05/hope.jpg?w=640>

What Can I Do?

- *Get help - You don't have to do this on your own. You are NOT alone.
- * Call or text the lifeline
- *Talk with a healthcare professional
- *Join a support group
- *Connect with friends and family

Signs and Symptoms

- *Feelings of hopelessness or helplessness
 - *Thinking about or making plans to kill yourself
 - *Drug and/or alcohol use, reckless behavior
 - *Cutting or other self-injuring behaviors.
 - *Mood swings, depression, anxiety, irritability
 - *Withdrawal and/or Isolation
 - *Changes in appetite, mood, sleeping, behavior, appearance, thoughts and/or feelings.
- (NAMI, n.d.)

Resources for More Information

- * **SAMHSA National Suicide Prevention Lifeline** - <https://suicidepreventionlifeline.org/>
- * **Society for Prevention of Teen Suicide (SPTS)**- <https://sptsusa.org/teens/>
- * **Suicide Resources for Teens**- <https://www.nami.org/Your-Journey/Teens-Young-Adults>
- * **Suicide Prevention Resource Center (SPRC)** - sprc.org/populations/adolescents
- * **Teen Mental Health** - <http://teenmentalhealth.org/suicide/>
- * **Taking Charge of Your Mental Health** - <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Taking-Charge-of-Your-Mental-Health.pdf>

IT WILL BE OKAY.



Retrieved from: <https://eponaquest.com/wp-content/uploads/beautiful-scenery.jpg>

References

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- * National Alliance on Mental Illness. (n.d.). *You are not alone*. <https://www.nami.org/About-Mental-Illness/Mental-Health-by-the-Numbers/Infographics-Fact-Sheets>.
- * National Association of School Psychologists. (2019). *There is hope: There is help*. <https://www.nasponline.org/safety-and-crisis>.
- * SAMHSA. (2020). *National Suicide Prevention Lifeline*. <https://suicidepreventionlifeline.org/>.

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