

Suicide Warning Signs for Youth



It's time to take action if you notice these signs in family or friends:

- 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 changes in behavior, particularly in combination with the warning signs above, including significant:
 - Withdrawal from or changing 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.

If you or someone you know is struggling or in crisis, help is available.

Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org), or reach out to a mental health professional.

