

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,
or reach out to a mental health professional.**

