

LEARN® SAVES LIVES - SUICIDE PREVENTION TIPS FOR TEENS

USING THESE STEPS AND YOUR VOICE CAN TRULY HELP CHANGE LIVES. WE CAN ALL DO THIS!

L

LOOK FOR SIGNS



- Researching ways to die; talking/joking about death—these signs are often ignored.
- Feeling hopeless, angry, depressed, ashamed, or like a burden to others.
- Changes in personality, outlook on life; sleep issues, withdrawing from friends/activities.
- Alcohol/other drug use, reckless behavior, self-harm/cutting, giving away possessions.

E

EMPATHIZE & LISTEN



- Listen with compassion. Show them you care by giving your full attention.
- Acknowledge their pain and accept their feelings so they don't feel judged.
- Repeat back what they tell you, then say, *"I'm really sorry you're going through this."*
- **Just listen.** Those who are really struggling say this helped them the most.

A

ASK DIRECTLY



- Experts agree. Asking about suicide will NOT plant the idea in someone's mind, so...
- Ask in a way that invites an honest answer. Mention any signs you've noticed.
- Be calm, courageous and direct. Say the word "suicide." Be prepared to hear a "yes." *i.e., "Sometimes when people feel hopeless and alone, they are thinking about suicide. Are you thinking about suicide? Or...are you thinking about killing yourself?"*

R

REDUCE THE DANGERS



- Turn to trusted adults if you're concerned about someone—**never** keep this a secret.
- Regret is real. Better to have an angry friend who is safer because you told an adult.
- Parents/caregivers, teachers, counselors, coaches, elders, spiritual leaders can help.
- Let trusted adults know about access to lethal means; i.e., alcohol, firearms, drugs, medicines.
- Report concerning posts on social media. [Support on Social Media—Lifeline](#).

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NEXT STEPS



- Always ask a trusted adult to help. Be prepared to give them critical information.
- If an adult is not available, help connect this person to 24-hr crisis resources.
- Some people don't feel safe calling 911 so keep these resources nearby. Share with friends.
- It's OK to ask questions or just try out these resources so you know how they work.

Suicide Prevention Lifeline **800.273.8255**

Teen Link (6-10 pm) **866.833.6546**

Crisis Text Line text 'HEAL' to **741741**

Addiction Helpline **866.789.1511**

Trans Lifeline **877.565.8860**

Trevor Project - LGBTQ **866.488.7386**

or text 'START' to **678678**

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