

# ***You are not alone!***

## **Warning signs that a friend might be thinking about suicide**

**Talking about or making plans for suicide**

**Displaying severe/overwhelming emotional pain or distress**

**Expressing hopelessness about the future**

**Showing worrisome behavioral cues or changes in behavior, such as:**

- Withdrawal from or a change in social connections or situations
- Changes in sleep (increased or decreased)
- Anger or hostility that seems out of character or out of context
- Recently increased agitation or irritability

**If you are concerned about someone, trust your instincts. Reach out and ask: "Are you thinking about suicide?"**



**Call or text 9-8-8 to reach the Suicide & Crisis Lifeline (24/7)**



**Text TEEN to 839-863 to reach Teens Helping Teens (Teen Line)**



**YOUTH CREATING CHANGE**

**[HopeandJustice.art/events](https://HopeandJustice.art/events)**