

# 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://988lifeline.org), or reach out to a mental health professional.**

