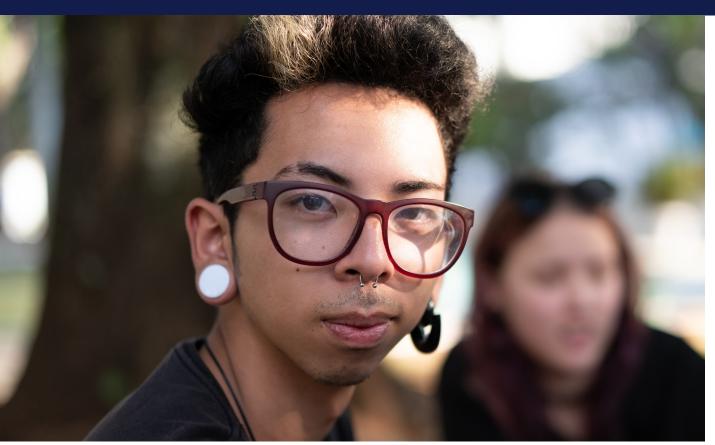
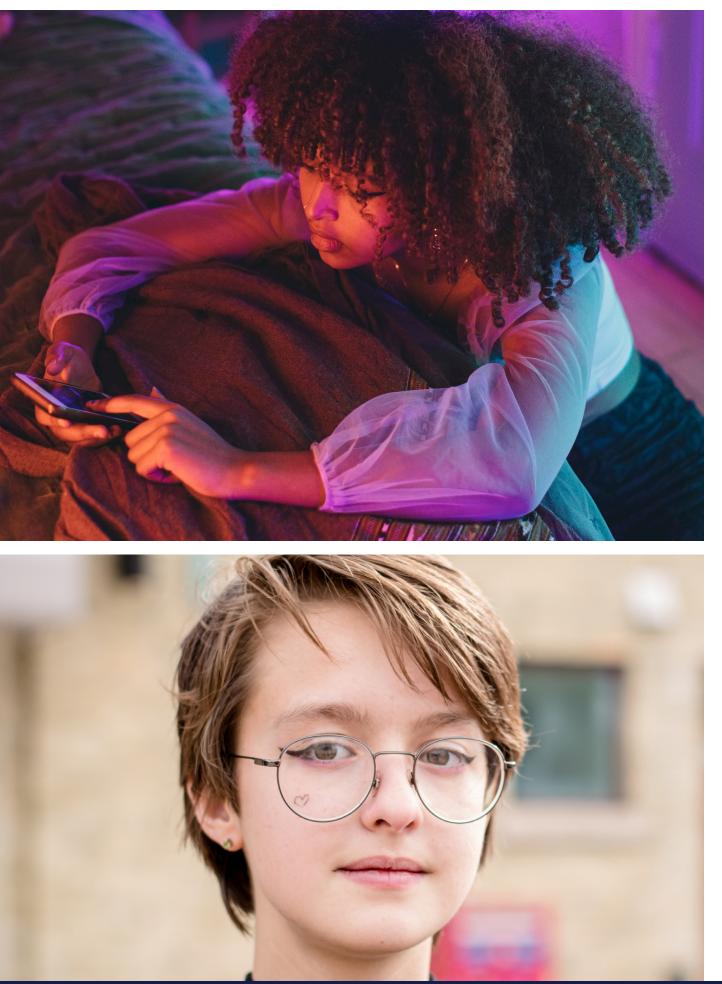
SUCIDE WARNING SIGNS FOR YOUTH







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

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.



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.

Text or call 988 or chat 988lifeline.org, or reach out to a mental health professional.

