

# SUICIDE WARNING SIGNS FOR YOUTH

You Are Not Alone



## 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.

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

**988** | SUICIDE & CRISIS  
LIFELINE