

It's important to **ACT** if your child is showing concerning signs.

Acknowledge that you're seeing signs of suicide in your child.

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Major changes in behavior



Sounding really down or helpless



Talking about suicide



Sleeping more or less



Increased anger or agitation



Withdrawal from family or friends

Show your child that you Care.

You can show you care by being a good listener and asking questions.

Tell me more about it.

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I'm here for you.

It's OK to feel this way.

There is help available.

Tell a professional.



If you're having concerns about your child **reach out** to their pediatrician or school counselor. Most people thinking about suicide are struggling with a mental health condition like depression. With professional help, people begin to feel much better. You can also call the **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)** or **Text 'ACT' to the Crisis Text Line: 741741** for free, 24/7 support. If you are worried about your child's safety right now, call 911.

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Help is always available. If you need someone to talk to, reach out to these resources. Reach the **Crisis Text Line** by texting **ACT** to **741741**. Contact the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**

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SOS SIGNS OF SUICIDE