

988

SUICIDE & CRISIS
LIFELINE



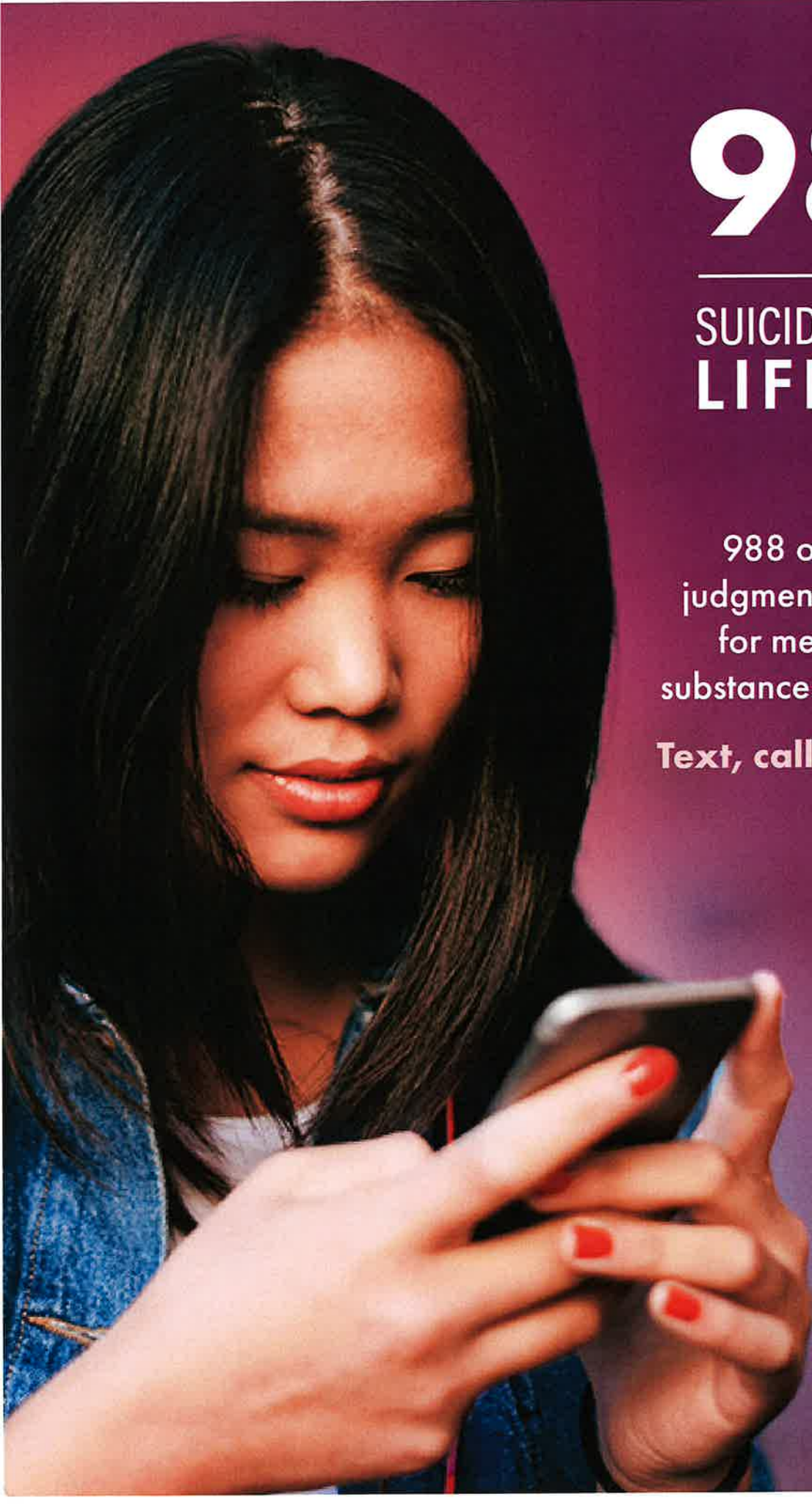


There is Hope

If you or someone you know
needs support now, call or text
988 or chat **988lifeline.org**

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988 offers 24/7
judgment-free support
for mental health,
substance use, and more.

Text, call, or chat 988.



PEP24-988-016

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.**

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