

988  
SUICIDE  
& CRISIS  
LIFELINE

This card is funded in part under grant 1U79SM061749-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA) U.S. Department of Health and Human Services. The views and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Printed by DSS on recycled paper | October 2022  
Pheasantland | 8,750 copies | \$0.15 per copy

# 988. Call. Text. Chat

Suicide is preventable.

Help a loved one, friend or yourself.



# YOUTH SUICIDE WARNING SIGNS

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.

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 behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:

- Withdrawal from or changing in 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

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REACH FOR  
**LIFE**