

# Worried about Suicide? Learn the FACTS!

Are you concerned that someone you know may be at risk for suicide? Your first step in helping may be as simple as learning the **FACTS** or warning signs. The following signs may mean that a youth is at risk for suicide, particularly if that person attempted suicide in the past.

## **F**EEELINGS

- Expressing hopelessness about the future.

## **A**CTIONS

- Displaying severe/overwhelming pain or distress.

## **C**HANGES

- Showing worrisome behavioral cues or marked changes in behavior, including: withdrawal from friends or changes in social activities; anger or hostility; or changes in sleep.

## **T**HREATS

- Talking about, writing about, or making plans for suicide.

## **S**ITUATIONS

- Experiencing stressful situations including those that involve loss, change, create personal humiliation, or involve getting into trouble at home, in school or with the law. These kinds of situations can serve as triggers for suicide.

### **If you notice any of these warning signs, you can help!**

1. Express your concern about what you are observing in their behavior
2. Ask directly about suicide
3. Encourage them to call the National Suicide Prevention Lifeline at 800-273-TALK (8255)
4. Involve an adult they trust

Remember, if you have **IMMEDIATE** concern about someone's safety, call 911 right away!

Suicide is a preventable problem.

By taking the time to notice and reach out to a peer, you can be the beginning of a positive solution.

**Don't Forget -  
Youth Suicide Prevention is Everyone's Business!**