



**I'm afraid
to let them see
the real me.**

Don't give up - You're not alone.
Teen peer counselors are here to listen and to help!
If you need to talk, call **602.248.TEEN**

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Teen Lifeline
teenlifeline.org

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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.

- ◆ Talking about death or wanting to die or looking for ways to die such as searching online.
- ◆ Feelings of “falling apart”.
- ◆ Acting impatient or impulsively; behaving recklessly.
- ◆ Changes in sleeping or eating habits.
- ◆ Having a hard time concentrating or having trouble at school.
- ◆ Feeling depressed, sad or hopeless lasting for more than 2 weeks or feeling like there is no reason to live.
- ◆ Having extreme mood swings.
- ◆ Isolating or withdrawing from family, friends, or usual social activities.
- ◆ Increasing the use of alcohol or drugs.
- ◆ Giving away favorite things or leaving poems, diaries, drawings, or letters to be found dealing with death, dying or overwhelming problems.

What to do if you are worried about someone?

LISTEN:

- ✓ Let your friend tell you about their situation.
- ✓ Don't give advice or feel like you need to find a solution.
- ✓ Really listen and try to imagine how you might feel.

BE HONEST:

- ✓ If their words or actions scare you, tell them.
- ✓ If you are worried but don't know what to say, share that with them.
- ✓ Don't act cheerful and say, “Everything is going to be okay” or try to joke it off.

SHARE YOUR FEELINGS:

- ✓ At times everyone has felt sad, hurt or hopeless.
- ✓ If you have had those feelings let the person know that they are not alone or going crazy.

GET HELP:

- ✓ Sometimes a friend might ask you to keep it a secret, not to tell anyone.
- ✓ If you keep this secret you could lose your friend.
- ✓ Try to get them to talk to an adult they trust. If they won't, then you talk to an adult you trust.