I'm worried about my friend. How can I help?

Know the warning signs of suicide:

- Makes suicidal threats, regardless if you think it is just for attention
- Shows sudden change in behavior; withdraws from friends, or loses interest in hobbies
- Has recently experienced a significant loss
- Gives away possessions or ties up loose ends
- Seems to have lost his/her self-esteem
- Participates in self-destructive behavior such as drinking, using drugs, or driving recklessly
- Has trouble eating or sleeping
- Has attempted suicide in the past
- Has experienced a prolonged depression

What to do if you are worried about a friend:

Acknowledge: Let your friend know they have a problem and they need help.

Care: Let your friend know that you care about them and you want to help. Don’t promise to keep it a secret. Their safety is the number one priority!

Tell: Tell a trusted adult. If it is an emergency, don’t leave your friend alone. Don’t wait!

What happens after I tell a trusted adult?

- A school counselor will talk with the student
- Parents will be called
- Crisis Intervention is usually called to help the family find services

ACKNOWLEDGE ---------------------CARE--------------------TELL