

# Worried about **suicide**?

## Learn the **facts**

Are you concerned that someone you know maybe at risk for suicide?

**Get to know the FACTS or warning signs:**

**feelings** Expressing helplessness, sadness, feeling like a burden, emotional exhaustion and hopelessness.

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**actions** Displaying severe/overwhelming pain or distress, aggression, risky behavior, online suicide searches.

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**changes** Showing worrisome behavioral cues or marked changes in behavior. This includes withdrawal from friends or changes in social activities, anger or hostility, or changes in sleep.

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**talk/ threats** Talking about, writing about, or making plans for suicide.

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**situations** Experiencing stressful situations including things that involve loss, change, personal humiliation or disciplinary actions.



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

- Express your concern about what you are observing in their behavior.
- Ask directly about suicide.
- Encourage them to call the **Suicide and Crisis Lifeline at 988.**
- 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.



**LEARN MORE**



**spts**

society for the  
prevention of  
teen suicide

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Suicide and Crisis Lifeline: **988**

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