

Help Prevent Youth Suicide

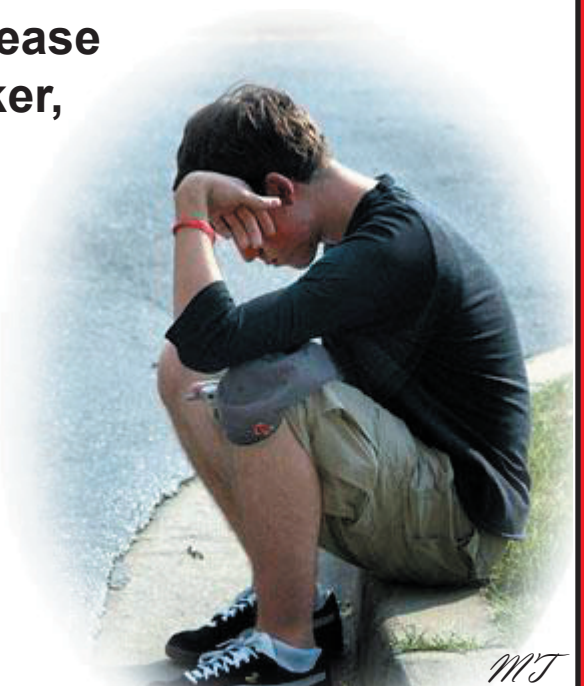
Warning signs:

- Depressed mood-- sad, hopeless, crying spells
- The inability to think, concentrate, or make decisions
- Significantly reduced level of interest in most or all activities
- Threats of harming self or self-injurious behavior
- Giving away possessions and/or putting affairs in order
- Creating artwork or listening to music about death
- Writing about death/suicide (poems, letters, etc.) or talking about death
- Increased irritability, anger, or mood swings

If any of these signs are present, please see a school counselor, social worker, nurse, or psychologist.

**THE NATIONAL SUICIDE
PREVENTION LIFELINE**

1-800-784-2433



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