Mood Changes

Anger (uncontrolled) - Rage, seeking revenge

Withdrawal - From friends, family, society

Recklessness - Risky acts, unthinking

Trauma - Feeling there is no way out

Hopelessness

Anxiety - Agitation/insomnia

Purposelessness - No reason for living

Substance Abuse - Excessive or increased

Suicide Prevention Lifeline

1-800-273-TALK (8255)

13 PATH WARM
ASK your friend

♥ Have the courage to ask the question, but stay calm.
♥ Ask your question directly.
♥ Have you been really unhappy lately?
♥ Have you had thoughts, feelings, or plans of suicide?
♥ Will you go with me to get help?

CARE for your friend

♥ Show COMPASSION
♥ Take ACTION
♥ REASSURE your friend
♥ EMPOWER your friend

ESCORT your friend

♥ Never leave your friend alone.
♥ Contact the nearest adult or parent.