

I DEATION – Threatened or communicated

S UBSTANCE ABUSE – Excessive or increased

P URPOSELESSNESS – No reason for living

A NXIETY – Agitation/insomnia

T RAPPED – Feeling there is no way out

H OPELESSNESS

W ITHDRAWING – From friends, family, society

A NGER (uncontrolled) – Rage, seeking revenge

R ECKLESSNESS – Risky acts, unthinking

M OOD CHANGES (dramatic)

IS PATH WARM



Crisis Line & Mobile Outreach Team University
Neuropsychiatric Institute (801) 587-3000



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.



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