

If a friend starts talking about suicide, take them very seriously!

If they are:

DISTRACTED from regular activities

DISINTERESTED in usual activities

DIALING friends and loved ones a lot more frequently

DISTRIBUTING personal items

DISCOURAGED in school or activities

DISCUSSING suicide



Please tell an adult about this and work with your friend. Make sure they know you are here to help and don't let them go through anything alone.

Call the number below with your friend.

24 Hour Suicide Prevention Hotline 499-1100

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