



## Suicide Prevention and Help

Talking about suicide can be difficult, but it's crucial. Suicide is the second leading cause of death for young people, and addressing it openly can save lives. Here is a list of helpful resources for teens and their parents. If you or a friend are thinking about suicide, please reach out to a trusted adult right away. If someone is at immediate risk, call **911**.



### **National Suicide Prevention Lifeline**

Phone: 1-800-273-8255



### **Crisis Text Line**

Text: Text "HOME" to 741741

Website: <https://www.crisistextline.org>



### **The Trevor Project**

Phone: 1-866-488-7386

Website: [thetrevorproject.org](http://thetrevorproject.org)



### **Society for the Prevention of Teen Suicide**

Website: <https://sptsusa.org>



### **National Alliance on Mental Illness (NAMI)**

Phone: 1-800-950-NAMI (6264)

Website: [nami.org](http://nami.org)

### **Warning Signs of Suicide:**

Talking or writing about death, dying, or suicide.

Threatening to hurt or kill themselves.

Looking for ways to kill themselves, seeking access to means.

Showing anxiety or agitation.

Being unable to sleep or sleeping all the time.

Feeling no reason for living, no sense of purpose in life.

Feeling trapped, like there is no way out.

Thinking there is no reason to live.

Thinking there is no way out of a bad situation.

