

Ending the Stigma

Supporting Teen Mental Health

Know the Warning Signs

- Feeling very sad or withdrawn for more than 2 weeks
- Drastic changes in mood, behavior, or sleeping habits
- Sudden overwhelming fear or worries for no reason, sometimes with a racing heart or physical discomfort
- Out of control risk taking behaviors that cause harm to yourself or others
- Throwing up, using laxatives, or not eating; significant weight loss or gain
- Using alcohol or drugs excessively
- Seeing, hearing, or believing things that aren't real
- Trying to harm oneself or making plans to attempt suicide — the next page has tips if you or someone you know is showing possible signs of suicide

Getting Help for Yourself

- Talk to a trusted adult (more than one if necessary), such as parents, grandparents, teachers, school counselors, coaches, and more
- Talk to a friend
- Send a message to someone who cares for you
- Use the additional mental health resources provided on the next page

Getting Help for A Friend

- Recognize warning signs and share your concerns
- Encourage them to talk to a trusted adult
- Include them in your social plans
- Encourage them to follow their treatment plan
- Check in, listen, and offer support
- Share the resources on the next page

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Warning Signs of Suicide

Someone needs **immediate** attention if they are:

- Talking, writing, or drawing about death
- Talking about having no reason to live or being a burden
- Looking for ways to attempt suicide
- Feeling hopeless, desperate, or trapped
- Giving away possessions
- Acting recklessly in a manner that might endanger themselves or someone else

What You Can Do

Take warning signs seriously and take action **immediately**:

- Ask the question “Are you thinking about suicide?”
- Don’t leave them alone
- Tell an adult you trust right away
- Call the National Suicide Lifeline at 1-800-273-TALK
- Go to an emergency room or call 911
- Don’t keep suicide warning signs a secret, even if you’re asked to — you should always tell an adult

Mental Health Resources

[NamiSf.org](https://www.namisf.org)

[Nami.org](https://www.nami.org)

[Ok2talk.org](https://www.ok2talk.org)

[Teenshealth.org](https://www.teenshealth.org)

[Thetrevorproject.org](https://www.thetrevorproject.org)

[Stopbullying.gov](https://www.stopbullying.gov)

[Jedfoundation.org](https://www.jedfoundation.org)

24/7 Crisis Text Line: Text "NAMI" to 741741

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

To learn more about NAMI: Text "ETS" to 31996