SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

WHEN SOMEONE NEEDS HELP

- Talk to a counselor, friend, or trusted adult:
  - School counselor
  - SAP counselor
  - Parents/family members
  - Your school administrators

- School nurse
- Your doctor
- Your teachers

- Speak confidentially with trained professionals by calling:
  1-800-273-TALK (8255)
suicidepreventionlifeline.org

- Text trained crisis counselors on the Crisis Text Line at 741-741

- Call the Region Ten 24-hr Crisis Line at (434) 972-1800

- If there is immediate danger, go to the Emergency Room or call 911

WARNING SIGNS

- Talking about feeling hopeless, helpless or worthless

- Withdrawing from friends, family, and social activities

- Deepening depression or other mental illness

- Posting comments or images on social media about wanting to die or having no reason to live

- Constant thoughts of death

- Sudden changes in behavior, appearance, thoughts, and/or feelings

NEVER KEEP FEELINGS OF OR TALK ABOUT SUICIDE A SECRET

If you are worried about a friend, go to an adult and ask for help, even if your friend asked you not to. Neither of you has to face this alone. Getting help is the best way to keep your friend safe.