

Suicide Help

National Suicide Prevention Hotline
1-800-273-TALK (8255).

[Www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Massachusetts Suicide Prevention
[http://www.mass.gov/dph/
suicideprevention](http://www.mass.gov/dph/suicideprevention)

Samaritans Statewide Hotline:
1-877-870-HOPE (4673)

The Trevor Helpline:
1-866-4-U-TREVOR (488-7386) - Specifically for Lesbian, Gay, Bisexual and Transgender youth and young adults

Contact your local doctor, or school professional

Call 911



Organization

Suicide Prevention

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Created By Kailyn Getchell

Suicide Prevention



Help Stop Youth Suicide Information for Parents and Staff

Tel: 555 555 5555

Warning Signs

The following are signs of someone who may be at risk for suicide. If you or someone else has any of the following signs please seek help immediately. Please contact a mental health profession, such as your school counselor, psychologist, or nurse. Or call 1-555-555-5555 for assistance in school.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

What To Do

- Call the National Suicide Prevention Hotline 1-800-273-TALK (8255).
- Express your concern to the person
- Ask them, “are you thinking about suicide”
- Listen to the person
- Let them know you care
- Offer your assistance and company to find help
- Get help

“Kind words can be short and easy to speak, but their echoes are truly endless.” - Mother Teresa

DON'T

- Think it will go away
- Keep it a secret
- Think you can help all by yourself



Thoughts of suicide can come from many different things, such as depression, bullying, or negative thoughts. You may not see signs of suicide, or depression in your teen. Talk to them, create a safe environment and open communication.