

*Create. Compete.*

# Direct Change

*to Help a Friend.*

Know the Signs of Suicide. Find the Words. Reach Out.

**Hope &  
Justice**



[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

# Youth Suicide Warning Signs

*Talk to a trusted adult or reach out to someone you are concerned about if you observe one or more of these warning signs, especially if the behavior is new, has increased or seems related to a painful event, loss or change:*

1. Talking about or making plans for suicide
2. Expressing hopelessness about the future
3. Displaying severe/overwhelming emotional pain or distress
4. Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above.

Specifically, this includes significant:

- Withdrawal from or changing in social connections/situations
- Changes in sleep (increased or decreased)
- Anger or hostility that seems out of character or out of context
- Recent increased agitation or irritability

*If you are concerned about someone, reach out and ask: "Are you thinking about suicide?"*

Whatever you're going through, you're not alone.

*There is hope.*



Call or text **9-8-8** to reach the  
**Suicide & Crisis Lifeline** (24/7)

For support:  
**Text TEEN to  
839-863**  
Teens Helping Teens (Teen Line)

The free and evaluated **Directing Change Program** is devoted to training young people in mental health awareness, suicide prevention and other critical health and social justice topics through the creation of art and film projects.

**For Youth ages 14-25 or in grades 5-12:** Win cash, get recognized and use your creativity to make a difference. Learn about monthly art and film contests.

**For Schools and Organizations:** Trainings, parent workshops, lesson plans, educational resources, crisis support after a suicide loss.

**For Everyone:** View and download free films, visit art gallery, learn about events, volunteer as a judge.

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