

# ***You are not alone!***

## **Warning signs that a friend might be thinking about suicide**

**Talking about  
or making plans  
for suicide**

**Displaying severe/  
overwhelming  
emotional pain  
or distress**

**Expressing  
hopelessness  
about the future**

### **Showing worrisome behavioral cues or changes in behavior, such as:**

- Withdrawal from or changing in social connections or 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,  
trust your instincts. Reach out and ask:  
"Are you thinking about suicide?"**



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



**Text TEEN to 839-863  
to reach Teens Helping  
Teens (Teen Line)**



**Directing Change**  
Program & Film Contest

Pain isn't always obvious. Yet most people considering suicide show warning signs or signals of their intentions. The signs or changes in behavior may appear in their conversations, actions or social media. These are of most concern if the behavior is new, has increased or seems related to a painful event, loss, or change.

**[DirectingChange.org/Events](https://DirectingChange.org/Events)**