



BE KIND FOR EVERYONE YOU MEET IS FIGHTING A HARD BATTLE

WARNING SIGNS THAT YOUR CHILD MAY BE AT RISK

Warning Signs Can Be Grouped Into Categories. The First Category Requires Immediate Action:

Observable and strong signs of a suicidal crisis:

- > Threatens to hurt or kill him or herself; or talks of wanting to hurt or kill him or herself; and/or
- > Looks for ways to kill him or herself by seeking access to firearms, pills, or other means; and/or
- > Talks or writes about death, dying or suicide, when these actions are out of the ordinary. If your friend somehow indicates or communicates suicidal thoughts, get help immediately from a mental health professional or a professional in a hospital emergency department, or call 9-1-1.

If a youth shows or expresses any of the following behaviors or symptoms, they may signal a suicidal crisis. An evaluation by a mental health professional is essential to rule out the possibility of suicide and/or to initiate appropriate treatment.

- > Feelings of Hopelessness
- > Anxiety, agitation, trouble sleeping or sleeping all of the time
- > Expressions of having no reason for living; no sense of purpose in life
- > Feelings of being trapped - like there's no way out
- > Increase alcohol and/or drug use
- > Withdrawal from friends, family, and community
- > Rage, uncontrolled anger, expressions of wanting or seeking revenge
- > Reckless behavior or more risky activities, seemingly without thinking
- > Dramatic mood changes
- > Giving away prized possessions

IF YOU ARE CONCERNED ABOUT YOUR CHILD

Ask for help. Family, friends, teachers, coaches, pastors, school counselors, principals, school resource officers, Behavioral Health Services (688-5000), 911 or the National Suicide Prevention Hotline at 1-800-273-8255.

A full listing of local Counseling and Crisis Resources can be found at: CampbellCountyPrevention.org



Teaching Effectively..... Learning Successfully



Suicide
Prevention
Coalition