



Directing Change
Program & Film Contest

YOUTH CREATING CHANGE



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



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



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 a change in social connections or situations
- Changes in sleep (increased or decreased)
- Anger or hostility that seems out of character or out of context
- Recently increased agitation or irritability

If you are concerned about someone, trust your instincts. Reach out and ask: "Are you thinking about suicide?"

