

# 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 changes in behavior, such as:
  - 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. If you're in pain or concerned for someone else, call the National Suicide Prevention Lifeline **800.273.8255 (TALK)** or text **HOPE** to **741-741**. You can also visit [suicideispreventable.org](https://www.suicideispreventable.org) for more information.