

TIPS FOR KIDS AND/OR TEENS



GET HELP.

- If your bad feelings or pain become so overwhelming that you can't see any solution besides harming or killing yourself or others, you need to get help *right away*. If talking to a stranger seems easier for you, call **1-800-273-TALK** or text "CONNECT" to 741741.

THERE IS ALWAYS ANOTHER SOLUTION, EVEN IF YOU CAN'T SEE IT RIGHT NOW.

- Many people who have attempted suicide (and survived) say that they did it because they felt there was no other solution to a problem they were having or no other way to end their pain. Remember that no matter how awful you feel right now, these emotions will pass.

HAVING THOUGHTS OF HURTING YOURSELF OR OTHERS DOES NOT MAKE YOU A BAD PERSON.

- Depression can make you think and feel things that are not your real self and really just show how badly you are hurting.

IF YOUR FEELINGS ARE OVERWHELMING, TELL YOURSELF TO WAIT 24 HOURS BEFORE YOU TAKE ANY ACTION.

- This can give you time to really think things through and to see if those strong feelings get a tiny bit easier to handle. During this 24-hour period, try to talk to someone—anyone—as long as they are not another suicidal or depressed person. Call a hotline or talk to a friend or trusted adult. Remember there are likely several solutions to whatever problem you are having.

IF YOU'RE AFRAID YOU CAN'T STOP YOURSELF, MAKE SURE YOU ARE NEVER ALONE.

- Even if you can't talk about your feelings, just stay in public places, hang out with friends or family members, or go to a movie—anything to keep from being by yourself and in danger.

HOW YOU CAN HELP A FRIEND:

SUICIDE RARELY HAPPENS WITHOUT WARNING.

- As a friend, you may be in the best position to see when a friend might need help and help them get it. You may see signs yourself, hear about them secondhand, or see something online in social media. **Never ignore these signs. Suicide can be preventable.** By listening, talking, and acting you could save a life.

DO NOT BE AFRAID TO TALK TO YOUR FRIENDS.

- Listen to their feelings. Make sure they know how important they are to you. But, don't believe you can keep them from hurting themselves on your own. Preventing suicide will require help from adults

DON'T KEEP THIS SECRET.

- Never keep secret a friend's suicidal plans or thoughts. You cannot promise that you will not tell—you have to tell to save your friend!

TELL AN ADULT.

- Talk to your parent, your friend's parent, your school's psychologist or counselor—any trusted adult. **Don't wait!** Don't be afraid that the adults will not believe you or take you seriously—keep talking until they listen! Even if you are not sure your friend is suicidal, talk to someone. This is definitely the time to be safe, not sorry!

RESOURCES

National Association of School Psychologists (NASP): <https://www.nasponline.org/>