



## Let's Break the Cycle of Sadness!

Suicide is the second most common cause of death in ages 10-24 nationally.

### Resources

1. School Counselor
2. California Youth Crisis Line at 1-800-843-5200
3. National Suicide Prevention Lifeline (800) 273-TALK (8255)
4. Text 741-741
5. Crisis Intervention 1-800-448-3000
6. National Suicide Prevention 1-800-784-2433
7. <http://www.yourlifeyourvoice.org/Pages/home.aspx> for an online resource
8. [www.Mindshift.org](http://www.Mindshift.org)
9. Virtual Hope Box App
10. My3 App

### Signs to Watch for:

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped
- Talking about being a burden to others.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

### Three Basic Steps

#### Show You Care

Listen Carefully

Be genuine

Take all mentions of suicide seriously

#### Ask About Suicide

Be Direct

Do not hesitate to ask

#### Get Help

Do not leave the student alone

Talk to Administrator and Counselor as soon as possible