



## Helping Yourself, or a Friend



# SUICIDE PREVENTION

## Tips and Resources for Teens and Parents

**Always take any comments about hurting oneself or killing oneself seriously.**

If you are concerned about someone, ask yourself the following:

*Is your gut telling you to be worried because your friend has withdrawn from everyone and everything? Become more worried or on edge? Seems unusually angry, or just not normal to you?*

*Has your friend or family member shown or shared any of the following?*

- Talking about wanting to die or be dead; suicide; or a suicide plan.
- Engaging in risky behaviors such as cutting, burning, or abusing substances.
- Feeling as though things will never get better.
- Struggling to deal with a big loss in his/her life.
- Seeming as if he or she is in terrible emotional pain (like something is wrong deep inside that won't go away).

## How to Help: *Tips for Talking About Suicide*

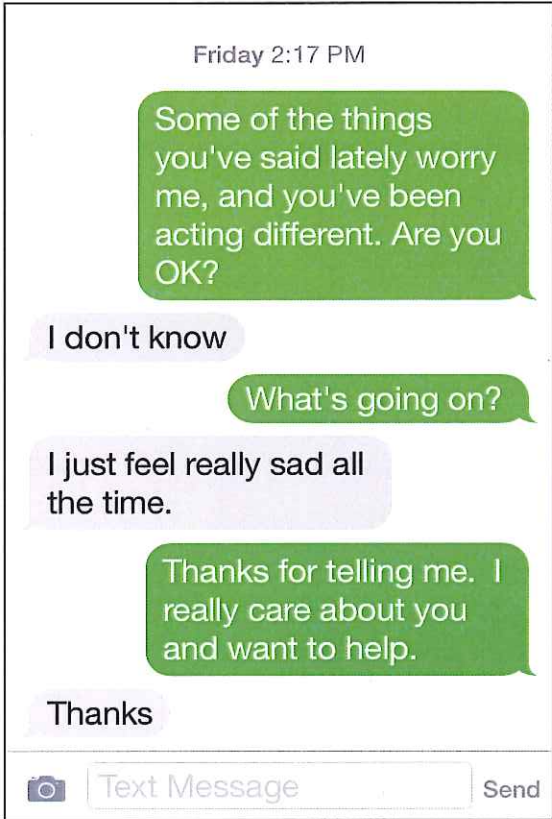
*Knowing what to say to a friend when you're worried can be tough. Use these tips to help you find the words to tell your friend you care:*

- Ask how your friend is feeling, and whether your friend is OK. Listen like a true friend.
- Find out if your friend feels safe.
- Tell your friend you are worried, and that he/she is not alone.
- Talk to an adult you trust about your concerns.

To help a friend you can call the National Suicide Prevention Lifeline  
**1-800-273-8255** or  
text **"CONNECT" to 85511.**



Do not leave someone alone who has made a plan and has acquired the means to carry out the plan. **Get professional help immediately.**





## Who can you talk to?

Favorite Teacher	School Counselor	Sibling	Trusted Friend	Crisis Hotline
School Staff	Doctor	Parent	Friend's Parent	Crisis Chat
Coach	Clergy/Minister	Relative	Neighbor	Crisis Text

### WHAT NOT TO DO

**Don't promise to keep a suicide threat secret.** Your friend may ask you not to tell anyone about suicidal threats or plans, and may ask you to promise. Do not make that promise. **TELL someone.**

**Don't ignore your friend.** It takes courage to ask for help so don't brush off your friend's appeal for help. If you ignore your friend, it may discourage your friend from seeking help from someone else.

**Don't be afraid to ask your friend if he or she is thinking about suicide and has a plan—these are important questions.**

**Tell someone.  
Ask for help.**



## RESOURCES

Call 911 or go to the Emergency Room if you or a loved one is in immediate danger.

**Arlington Department  
of Human Services**  
703-228-1560

Children's Behavioral Health provides services to children, teens and their families to prevent mental health and substance use problems from developing or becoming more serious.

Assists young people in overcoming problem thoughts, feelings and behaviors that interfere with daily life, and helps to develop skills for healthy living.

**SAMHSA**  
(Substance and Mental Health  
Services Administration)  
**Treatment Finder**  
1-800-662-4357

**CRISIS LINK**  
1-800-273-8255  
or text "CONNECT" to 85511

**Crisis Response**  
1-844-NCrisis  
1-844-627-4747  
*English and Spanish*

For children age 17 and younger experiencing a psychiatric crisis due to mental health issues or substance use.

- No cost to family
- 24-hour emergency response
- Rapid mobile response
- Clinical assessment
- 30 days of support/follow-up
- Safety planning and other services

**LGBTQ Lifelines:**

- 1-866-488-7386 (for LGBTQ)  
**The Trevor Project:**  
[www.thetrevorproject.org](http://www.thetrevorproject.org)
- 1-877-565-8860 (for Trans)  
**Trans Lifeline:**  
[www.translifeline.org](http://www.translifeline.org)

### ONLINE RESOURCES

National Suicide Prevention Lifeline (24-Hour Crisis Chat): [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
The Jason Foundation: [www.jasonfoundation.com](http://www.jasonfoundation.com)  
The Josh Anderson Foundation: [www.joshandersonfoundation.org](http://www.joshandersonfoundation.org)  
APS Mental Health: <http://www.apsva.us/page/2514>  
Youth Suicide Warning Signs and How to Help: [www.youthsuicidewarningsigns.org](http://www.youthsuicidewarningsigns.org)  
National Alliance on Mental Illness (NAMI): [www.nami.org](http://www.nami.org)  
Suicide Prevention Alliance of Northern VA (SPAN): [www.suicidepreventionnva.org](http://www.suicidepreventionnva.org)  
American Foundation for Suicide Prevention: [www.afsp.org](http://www.afsp.org)