

# SOS for Students Infographic

## Acknowledge that you're seeing signs of suicide in yourself or a friend.

Signs your friend might need help include:

# A



Major changes in behavior



Sounding really down or hopeless



Withdrawing from family and friends

## Show your friend that you Care and practice self-care.

### Ways to Care for yourself



Exercise



Start a healthy hobby like journaling, reading, crafts, etc.



Keep a regular routine



Get enough sleep

# C

### Ways to Care for a friend



Stay in touch, visit or call a friend

Remind them to practice self-care, like you are doing



## Tell a trusted adult.



It's important to find a trusted adult to talk to. To help, make a list of trusted adults below - remembering to think about extended family members, friends' parents, adults at school, or more.

# T

_____	_____
_____	_____
_____	_____

Help is always available. If you are concerned about yourself or a friend - reach out. **Call or text the Suicide & Crisis Lifeline at 988 or text the Crisis Text Line at 741741 for free 24/7 support.**