

PREVENTING TEEN SUICIDE: TIPS FOR PEERS

Suicide rarely happens without warning. As a peer, you may be in the best position to recognize when a friend might need help and help them get it. You may see signs in person, hear about them secondhand, or see them online in social media. Never ignore these signs.

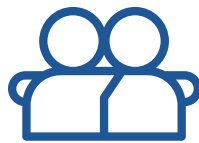
RISK FACTORS

- Hopelessness
- Nonsuicidal self-injury (e.g., cutting)
- Mental illness and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

WARNING SIGNS

- Suicidal threats in the form of direct (e.g., “I want to die”) and indirect (e.g., “The world would be better without me”) statements
- Suicide notes, plans, online postings
- Preoccupation with death
- Giving away prized possessions
- Changes in behavior, sleeping, eating, thoughts, or feelings
- Increased risk taking
- Heavy drinking or drug use

If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK, or the Crisis Text Line (text “HOME” to 741741).



Everyone's life matters.
Help is available.



People do care.
Treatment works.



Don't keep silent.
Tell a trusted adult.

WHAT TO DO

- Recognize the warning signs in yourself, your friends, and on social media.
- Get help. You can't do it alone.
- Tell an adult. Talk to your parent, friend's parent, school psychologist, or any trusted adult.
- Make no deals. Never keep a friend's suicidal plans or thoughts secret.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friends Asks.
- Ask if your school has a crisis team.

REMINDERS FOR FRIENDS

- Connect. Listen, be accepting, don't judge.
- Confirm. Ask if your friend has thoughts of dying or suicide.
- Protect. Take any threats seriously. **Do not agree to keep a secret!**
- Stay. Do not leave a person alone if you are concerned about them being at imminent risk.
- Act. Call for help immediately.



NATIONAL ASSOCIATION OF
School Psychologists

For additional guidance, visit
www.nasponline.org/safety-and-crisis.

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