



# MENTAL HEALTH & SUICIDE PREVENTION

# FAQS

## FOR TEENS

Content Warning (CW): Post talks about self-harm and suicide.



**NATIONAL INJURY PREVENTION DAY**  
**NOVEMBER 18, 2024**

[hiprc.org/nipd-suicide](https://hiprc.org/nipd-suicide)

**01**

# WHAT ARE SIGNS TO LOOK FOR?

- **Changes in behavior or mood**
- **Not wanting to do things they once used to**
- **Struggling to handle everyday problems**
- **Taking more risks**
- **Acting recklessly**
- **Talking about wanting to die/hurt themselves**



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# HOW CAN I HELP?

- **Know the warning signs.**
- **Show you care!**
- **Ask the question directly, *“Are you thinking about suicide?”* Asking about suicide doesn’t cause suicide - it can directly save a life!**
- **Encourage them to talk to a trusted adult.**
- **If you don’t feel prepared to bring it up with them directly, be sure to let a trusted adult know about your concerns.**

*Remember, your role is to be a good friend, someone who is there to support and not there to fix everything. There is only so much you can do to help, and someone else’s actions are never your fault.*



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# WHERE TO FIND SUPPORT

- **9-8-8 Suicide Hotline: Call or text anytime.**
- **Crisis Text Line: Text HOME to 741741 from anywhere in the United States – 24/7, free, confidential.**
- **Hear Me WA: Feeling stressed, anxious, or facing tough situations? Call **1-888-537-1634**.**
- **WA TeenLink: Talk or chat **1-866-833-6546** with teens about ANY issue.**

For more FAQs on mental health and suicide prevention,  
visit [hiprc.org/nipd-suicide](https://hiprc.org/nipd-suicide)



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