

BEING A **teen** can be VERY DIFFICULT

**YOU AND YOUR FRIENDS  
HAVE A LOT TO DEAL WITH.**

School, friends, family,  
and work can stress you out  
more than people realize.

But even when things get really  
tough, remember there are  
answers to your problems and  
people who care and  
understand.

If you're worried that a friend  
may be thinking about suicide,  
know what to look for  
and how to help.



There are  
**ANSWERS**  
to your **PROBLEMS**

## CONCERNED

**?** about a friend or having thoughts  
of suicide yourself?  
Help is out there,  
**24 HOURS A DAY, 7 DAYS A WEEK.**

CALL: **(273-8255)**

**1 • 800 • 273 • TALK**

## GET INVOLVED

with suicide prevention in Virginia.

For the latest information, training opportunities, publications,  
and more, contact the Center for Injury and Violence Prevention:  
[www.preventsuicideva.org](http://www.preventsuicideva.org)  
**1 • 800 • 732 • 8333**



### ADDITIONAL CONTACT INFORMATION:

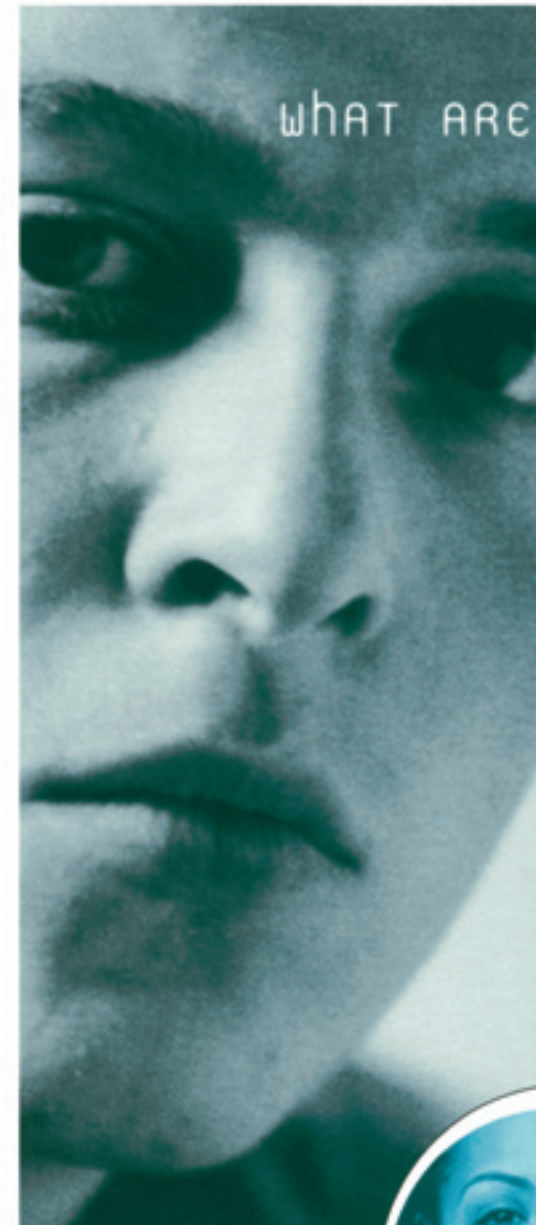


Office of Student Services  
804 • 225 • 2818

Safe and Drug-Free Schools Coordinator  
804 • 225 • 2871



Department of Mental Health,  
Mental Retardation,  
and Substance Abuse Services  
804 • 786 • 9143



WHAT ARE

**Friends**  
FOR?

**HELP IS OUT THERE.**



**SUICIDE**  
is not the answer.

nobody KNOWS YOUR FRIEND  
AS WELL AS you do.

If you notice that your friend's behavior has changed recently or that your friend has bad moods that just don't go away, your friend may be **depressed**. Know what to look for:

**FEELS SAD**, hopeless, or unloved, in a way that lasts a long time.

**IS ANGRY**, annoyed, or irritable.

**LOSES INTEREST** in things he or she used to enjoy.

**WITHDRAWS** from friends, family, and regular activities.

**SLEEPS** too little or too much.

**EATS** much more or less than usual.

**TALKS** or writes a lot about death or suicide.

Any teen may show some of these signs sometimes. But the more signs you see, the longer they last, and the more often you see them, the more you need to pay attention, check it out, and help your friend get help.

**DEPRESSION** isn't just a **BAD MOOD** or a **PHASE**

some things CAN PUT YOUR FRIEND  
at **MORE RISK.**

### TEENS GO THROUGH A LOT OF CHANGES...

But depression isn't just a bad mood or a phase. It's more than just the blues—it's a physical illness. There are different kinds of treatment for depression, and the right one can make a big difference.

When a friend is depressed, stress can make things worse. Stress can come from situations like:

- Breaking up with a girlfriend or boyfriend
- Failure in school or sports
- Having a friend or family member die

A friend who is thinking about suicide may:

- Say things like, "I won't be a problem for you much longer," "Nothing matters," "It's no use," and "I'm going to kill myself."
- Give away important possessions

**DEPRESSION** can lead to **SUICIDE**

IF YOU NOTICE **SUICIDE** WARNING SIGNS IN A **FRIEND**, TAKE THEM **SERIOUSLY** AND **GET HELP.**

### REACH OUT TO YOUR FRIEND

- Let your friend know that you're worried, that you care, and that you are there for him or her.
- **Encourage your friend to get professional help.** Offer to go with your friend to talk with a school counselor or mental health professional.

### NEVER KEEP A SUICIDE SECRET

- If you are worried about a friend, **go to an adult you trust and ask for help**, even if the friend asked you not to. Don't be alone in helping your friend. Even if the friend gets angry, getting help is the best way to keep your friend safe.



In an **EMERGENCY**, call **911** or your local **MEDICAL EMERGENCY NUMBER**