He used to be so happy... but when his girlfriend broke up with him, he became so angry. And then he started saying his life wasn’t worth living.

A significant change in personality or usual behavior can be a sign of suicide risk.

“Are you thinking of ending your life?” When it comes to suicide prevention, no other conversation is more important.

Some secrets are not meant to be kept. Talk to a trusted adult to get help.

Learn more at: www.RecognizeTalkAct.org

FOR HELP 24/7

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
EnEspanol: 1-800-799-4889  For Deaf & Hard of Hearing: 1-800-799-4889
Crisis Text Line: Text TALK to 741741