He started sleeping all the time, and just stopped caring about how he looked. He just stopped showing up and wasn’t present anymore.

Changes in sleep patterns and appearance 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