She started complaining about feeling bad all of the time with headaches, stomach pains, and fatigue... and then she became withdrawn. It just seems like she was unable to cope with things.

An increase in pain or physical symptoms that are vague with no apparent cause, can be a sign of suicide.

“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