

It's not easy being a **teen**

Teenage stress can be overwhelming. When a friend is depressed, stress can make things worse and lead to suicide.

Stress can come from situations like:

- Breaking up with a boyfriend or girlfriend
- Moving to a different community
- Failing grades or poor sports performance
- Death of a friend or family member
- History of childhood abuse
- Parents divorcing
- Victim of bullying at school or social environments
- Questioning sexual orientation



Get Involved with Suicide Prevention

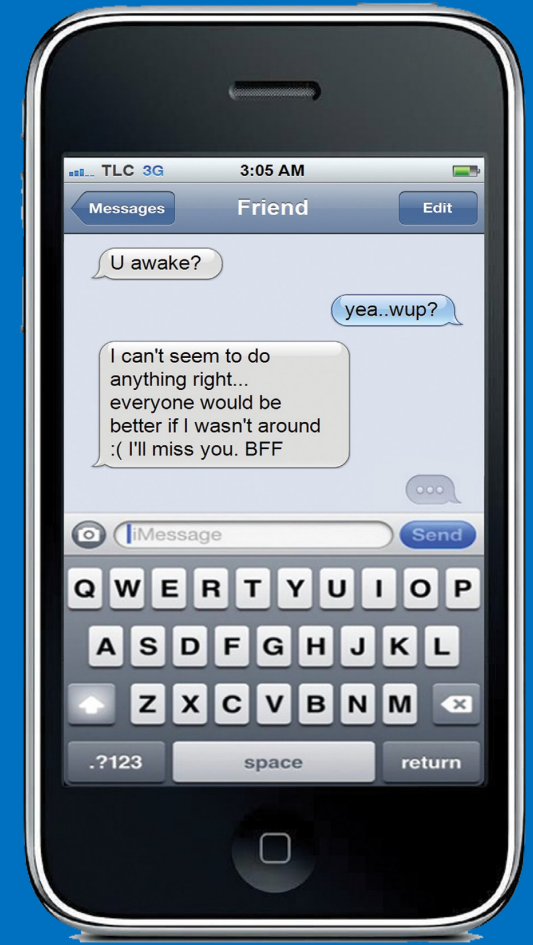


You Can Prevent Suicide!

To join a training or to schedule a training in Wyoming, please contact the PMO at (307) 472-5991.

For more information and local resources please visit:
www.natronacountysuicideprevention.org

Brochure developed by the



How would
YOU
reply?

You can save your

friend's **life**

Does your friend...

Is your friend in danger?

Reach out to your friend:



- Feel sad, hopeless or unloved in a way that lasts a long time?
- Lose interest in things he/she used to enjoy?
- Withdraw from family and friends?
- Sleep too little or too much?
- Eat much more or less than usual?
- Talk, draw or write about death or suicide a lot?
- Act violently, rebellious or run away from home?
- Abuse drugs and/or alcohol?
- Have a history of cutting or attempting suicide?
- Own or have access to a weapon, pills or other means of self-harm?

If your friend is thinking about suicide, he/she may:

- Say things like, "I'm afraid it's not going to get any better," "I just want to give up," and "I'm going to kill myself."
- Give away important possessions.
- Give verbal clues like, "I want you to know something, in case something happens to me" or "I won't trouble you anymore."
- Engage in reckless behavior or have a lot of accidents resulting in injury.
- Create suicide notes.
- Become suddenly happy after long periods of depression.



Ways to start a conversation about suicide:

- I'm concerned about you.
- Recently, I have noticed some changes in you. How are you doing?
- I wanted to check in with you because you haven't seemed yourself lately.



Questions you can ask:

- When did you start feeling like this?
- Have you thought about suicide?
- What can I do to help you right now?

What you can say that helps:

- You are not alone. I'm here for you.
- I may not be able to understand exactly how you feel, but I care about you and want to help.

Never keep it a secret.

- Take your friend's actions seriously.
- Go to an adult you can trust and ask for help.
- Call the National Suicide Prevention Lifeline.