

# FOREFRONT SUICIDE PREVENTION LEARN® SAVES LIVES FOR TEENS

USING THESE STEPS AND YOUR VOICE CAN TRULY HELP CHANGE LIVES. WE CAN ALL DO THIS!

L

## LOOK FOR SIGNS



- Researching ways to die; talking/joking about death—these signs are often ignored.
- Feeling hopeless, angry, depressed, ashamed, or like a burden to others.
- Changes in personality, outlook on life; sleep issues, withdrawing from friends/activities.
- Alcohol/other drug use, reckless behavior, self-harm/cutting, giving away possessions.

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## EMPATHIZE & LISTEN



- Listen with compassion. Show them you care by giving your full attention.
- Acknowledge their pain and accept their feelings so they don't feel judged.
- Repeat back what they tell you, then say, "I'm really sorry you're going through this."
- **Just listen.** Those who are really struggling say this helped them the most.



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## ASK DIRECTLY

- Experts agree. Asking about suicide will NOT plant the idea in someone's mind, so...
- Ask in a way that invites an honest answer. Mention any signs you've noticed.
- Be calm, courageous and direct. Say the word "suicide." Be prepared to hear a "yes." *i.e., "Sometimes when people feel hopeless and alone, they are thinking about suicide. Are you thinking about suicide? Or...are you thinking about killing yourself?"*



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## REDUCE THE DANGERS

- Turn to trusted adults if you're concerned about someone—**never** keep this a secret.
- Regret is real. Better to have an angry friend who is safer because you told an adult.
- Parents/caregivers, teachers, counselors, coaches, elders, spiritual leaders can help.
- Let trusted adults know about access to lethal means; i.e., alcohol, firearms, drugs, medicines.
- Report concerning posts on social media. [Support on Social Media—Lifeline](#).

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## NEXT STEPS

- Always ask a trusted adult to help. Be prepared to give them critical information.
- If an adult is not available, help connect this person to 24-hr crisis resources.
- Some people don't feel safe calling 911 so keep these resources nearby. Share with friends.
- It's OK to ask questions or just try out these resources so you know how they work.



Suicide Prevention Lifeline **800.273.8255**

Teen Link (6-10 pm) **866.833.6546**

Crisis Text Line text 'HEAL' to **741741**

Addiction Helpline **866.789.1511**

Trans Lifeline **877.565.8860**

Trevor Project - LGBTQ **866.488.7386**

or text 'START' to **678678**

[intheforefront.org/LEARN](https://intheforefront.org/LEARN)

## Resources for Teens & Young Adults



### 24-hour CRISIS HELP

Suicide or Mental Health Crisis - Call, text or chat to 988  
What happens when you connect to 988?  
Boys Town - Translation Services for Teens & Caregivers  
Crisis Connections - 866-427-4747  
Crisis Text Line - Text 'HEAL' to 741741  
Crisis Lines by County

### CONNECT WITH A PEER

- Teen Link - 1-866-833-6546 - Call, chat or text with a trained teen 6-9:30 pm / Where to Turn Resource Guide

### BIPOC / EQUITY / LGBTQIA+

- Black Lives Matter at School - NEA / BIPOC youth text STEVE to 741741 / LGBTQ+ Guide - Be True Be You
- Gender identity - Reach Out / GSAs, policies, curriculum & educator support in schools - GLSEN
- Trevor Project / Meet LGBTQ Friends / Trans Lifeline / It Gets Better / Lambert House / Odyssey Youth
- We R Native - Text "NATIVE" to 97779 / Native & Strong / You are Not Alone Native Network / Tele-Native

### BULLYING / EATING DISORDERS

- Bullying/Cyberbullying and what your school can do - Teens Against Bullying / Stopbullying.gov
- Eating Disorders - Info, forums & ways to get involved - Proud2Bme & Proud2Bme Activist Guide - NEDA

### MENTAL HEALTH / MINDFULNESS / GRIEF AFTER SUICIDE

- Culturally Competent Therapists / COVID & Mental Health / Mental Health Resource Center - JED
- Mindfulness for Teens / My Mental & Emotional Health / Teen Mental Health Guide
- Teenage Grief Sucks - Teen-run website about grief / When a Friend Dies / Grief After Suicide - Dougy Center
- Transitioning out of High School - JED / Know Before You Go
- Your Life Your Voice - Real advice for real situations on all sorts of topics. Text, call, chat, tips & mood app

### RELATIONSHIPS / SEXUAL ASSAULT / SHELTER / SOCIAL MEDIA

- Domestic Violence Hotline - 1-800-799-7233 / RAINN - Sexual Assault Hotline - 800-656 HOPE (4673)
- Everyday issues & trending topics - Reachout / Removing online videos/pictures - Needhelpnow.ca
- Love is Respect - Chat, text, quiz - Text "loveis" to 22522 / Pressure to be Perfect & Seize the Awkward - JED
- Support on Social Media - Worried about someone on social media? Tips for reporting and supporting - NSPL
- Safe Place - Don't feel safe? Get shelter and resources. Text "SAFE" + current location to 4HELP (44357)
- Strong Hearts Native Helpline - Dating and sexual violence helpline for Native Americans and Alaskan Natives

### SUBSTANCE USE / STRESS / GAMBLING

- Drug Use & the Brain - Kahoot games, videos & facts - NIDA / Drug Facts - NIH
- Marijuana & Your Mental Health - You Can
- Opioid Facts for Teens - NIH / Substance Abuse & Addiction - JED
- Recovery Helpline WA State - 1-866-789-1511. Opioid & other drug use, mental health & problem gambling
- Stop Overdose / Good Samaritan Law & Materials / Your Life Your Voice - Tips for tough situations
- Smoke Free Teens - Tips, apps & live chat / 2Morrow Health - Nicotine app / Aspire - Online education.