

Suicide: Warning Signs and Emergency Response Tips

Youth Suicide Warning Signs

1. Talking about or making plans for suicide
2. Expressing hopelessness about the future
3. Displaying severe/overwhelming emotional pain or distress
4. Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
 - Withdrawal from or changing in social connections/situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability

How to Respond

If you notice any of these warning signs in anyone, you can help!

1. Ask if they are ok or if they are having thoughts of suicide
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally
4. Reflect what they share and let them know they have been heard
5. Tell them they are not alone
6. Let them know there are treatments available that can help
7. If you are or they are concerned, guide them to additional professional help

If you are emailing with a serious and immediate concern regarding a student (yourself or a friend), please call 9-1-1 or PAPD at 650-329-2413.

Crisis Text Line:

Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.

Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of our Crisis Counselors are volunteers, donating their time to helping people in crisis.

Santa Clara County Suicide and Crisis Hotline:

1 (855) 278-4204

Hotline is a 24-hour, toll-free confidential suicide prevention hotline available 7 days a week for phone intervention and emotional support by highly trained volunteer Crisis Phone Counselors to help individuals who are experiencing different forms of crisis.

Contact Cares:

1 (888) 247-7717 Youth; 1 (408) 850-6125 Crisis

Offers multiple confidential help lines for individuals of all ages. Trained volunteers provide supportive listening, counseling, crisis intervention, and referrals to callers. *Chat 4 Teens* is also available.

California Youth Crisis Line (CYCL):

1 (800) 843-5200

CYCL is a statewide, toll free, 24-hour, confidential Hotline available to teens and young adults ages 12-24 and/or any adults supporting youth.

Resource: YOUTH SUICIDE WARNING SIGNS

Website: <https://www.youthsuicidewarningsigns.org>