

*I'm worried about my friend...*



## A Guide for Teens About Suicide Prevention

Your friend may have asked you to keep a secret. Maybe she's been cutting and you saw the marks. Or maybe he's been talking about killing himself. If you want to be a good friend, remember that **secrets can be deadly.**

If you're worried enough about your friend that you picked up this sheet, the most helpful thing you can do is **tell an adult you trust.** Today. Your friend might be mad at you tomorrow, but at least they'll still be here tomorrow. Friends don't let friends keep secrets that can hurt them.

Guns are the most common method of teen suicide. 80% of teens who shoot themselves use a gun belonging to a parent or family member. ***Guns should be removed from the home if ANY family member struggles with depression.***

If you or anyone you know is having suicidal thoughts, talk to a trusted adult, call **1-800-273-TALK (8255)** or text "START" to 741-741.

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## How You Can Help

Learning the warning signs of suicide is a huge part of preventing a crisis. **Although emotional ups and downs are normal, often a person who is suicidal gives certain signs.**

## The Warning Signs

### 1. Feeling things like:

unimportant, trapped, hopeless, alone, angry, overwhelmed, unmotivated, depressed, sad, irritable, impulsive, or suicidal.

### 2. Saying things like:

“It won’t matter soon anyway.”  
“I don’t deserve to live. I suck.”  
“Things will never get better for me.”  
“You’re the best friend I’ve ever had. I’ll miss you.”  
“I’ve thought about how I’d kill myself.”  
“Life is so hard. Lately I’ve felt like ending it all.”  
“They’ll be sorry when I’m gone.”

### 3. Doing things like:

Using drugs or alcohol more than usual.  
Cutting or burning themselves or engaging in other self-harming or risky behavior.  
Talking about guns and killing.  
Giving away their most valuable possessions.  
Losing interest in their favorite activities.  
Admiring people who have died by suicide.  
Planning for death by writing a will or letter.  
Eating or sleeping more or less than usual.  
Feeling more sick, tired or achy than usual.

Suicide is preventable. By listening, talking, and acting you could save a life — maybe your own!

**Protect Minnesota**

**Coalition for Gun-Free Schools**

285 Dale Street N, Saint Paul MN 55103  
651-645-3271 [www.protectmn.org](http://www.protectmn.org)

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