BEING A TEEN IS NOT ALWAYS EASY

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

Stress can come from situations like:

- Breaking up with a datemate
- Moving to a different community
- Poor performance in school
- Death of a friend or family member
- History of childhood abuse
- Parents divorcing
- Experiencing bullying at school
- Questioning sexual orientation and/or gender identity

WHERE TO GET HELP

If you or someone you know is thinking about suicide, call 1-800-273-TALK (8255). The National Suicide Prevention Lifeline will automatically connect you with a certified local crisis center 24 hours a day, 7 days a week.

Get the TSPN App:
Available on Apple and Android

615-297-1077 • www.tspn.org

Funding for this brochure was provided under grant numbers IH79SM080217 and 1U97SM061764-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.
DON’T IGNORE THE WARNING SIGNS!

• Talking about suicide.
• Losing interest in things one used to enjoy.
• Withdrawing from friends and family.
• Sleeping too little or too much.
• Experiencing a deepening depression.
• Making statements about feeling hopeless or worthless.
• Taking unnecessary risks or exhibiting self-destructive behavior.
• Increased drug and/or alcohol abuse.
• Giving away prized possessions.
• Out of character behavior.
• Setting one’s affairs in order.

REACH OUT TO YOUR FRIEND

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?
• How can I best support you right now?
• Have you thought about getting help?

Resources for your friend
• Tennessee Crisis Line: 1-855-CRISIS-1 (1-800-274-7471)
• National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
• TrevorLifeline: 1-866-488-7386
• TransLifeline: 877-565-8860
• Crisis Textline: Text “TN” to 741-741

Never keep it a secret
• Take your friend’s actions seriously.
• Go to an adult you trust and ask for help.

IS YOUR FRIEND IN DANGER?

If your friend is thinking about suicide, they 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 extended periods of depression.