

Fast Facts

1 in 20 U.S. adults experience serious mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

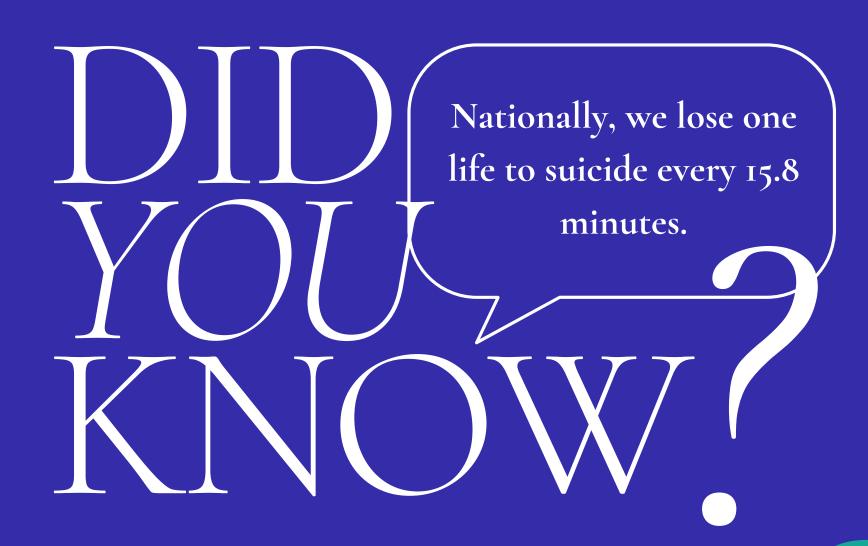
50% of all lifetime mental illness begins by age 14, and 75% by age 24

Suicide is the 2nd leading cause of death among youth aged 10-14









You are YALUED;

SUICIDE WARNING SIGNS FOR YOUTH

It's time to take action if you notice these signs in family or friends:

- Talking about or making plans for suicide.
- · Expressing hopelessness about the future.
- Displaying severe/overwhelming emotional pain or distress.
- Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
- Withdrawal from or changing 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.

#SUICIDEPREVENTIONMONTH | #SPM24





SUICIDE WARNING SIGNS FOR Adults

Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

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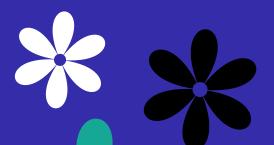
SAMHSA

There is help and there is hope.

YOU

KIND

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Resources

Suicide and Crisis Lifeline: 988

Trevor HelpLine / Suicide Prevention for LGBTQ+

<u>Teens</u>: 1-866-488-7386

Crisis Text Line: Text HOME to 741741

Gay & Lesbian National Hotline: 1-888-THE-GLNH (1-

888-843-4564)

IMAlive: online crisis chat

National Runaway Safeline: 1-800-RUNAWAY (chat

available on website)

<u>Teenline</u>: 310-855-4673 or text TEEN to 839863 (teens

helping teens)

<u>National Hopeline Network:</u> 1-800-784-2433 (1-800-

SUICIDE)

<u>Child Abuse Hotline</u>: 800-4-A-CHILD (800 422 4453)

National Domestic Violence Hotline: 800-799-7233

Missing & Exploited Children Hotline: 1-800-843-5678

