

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



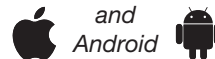
www.tspn.org

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



615-297-1077 • www.tspn.org



www.tennessee.gov/behavioral-health
1-855-CRISIS-1 or 1-855-274-7471



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A FRIEND'S GUIDE TO SUICIDE PREVENTION IN TENNESSEE



"Saving Lives in Tennessee"



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.

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.



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.