

YOUTH SUICIDE PREVENTION

It's OK to Ask.

They might be your
friend, your child,
your student or
your neighbor.

Talking saves lives.

Learn suicide warning signs and get tips
on how to start a conversation.

RESOURCES

- Teenhealthmatters.org
- **Grassroots Crisis Hotline:**
410-531-6677
- **National Suicide Prevention Hotline:**
1-800-273-8255
- **Crisis Text Line:**
Text HOME to 741741

Warning Signs of Suicide:

- A sense of hopelessness or isolation
- Drastic changes in mood & behavior
- Self-harm (cutting behaviors)
- Engaging in risky behaviors like substance use/abuse
- Talking about death or suicide



1 in 6 high school students seriously considered attempting suicide



1 in 5 middle school students seriously considered attempting suicide



1 in 4 high school students experienced sad or hopeless feelings

Data Source: Maryland Youth Risk Behavior Survey

5 Ways to Start a Conversation:

1. Hey, we haven't talked in a while. How are you?
2. Are you OK? You don't seem like yourself lately.
3. Hey, you seem frustrated today. I'm here for you.
4. Seems like something's up. Do you wanna talk about what's going on?
5. I'm worried about you and would like to know what's up so I can help.