

Some Possible Warning Signs of Suicide

- Planning, talking or thinking about suicide
- Persistent feelings of being overwhelmed, angry, depressed or pessimistic.
- Drastic change in appearance, mood, attitude or behavior.
- Giving away prized possessions.
- Previous attempts to commit suicide or to harm oneself.
- A feeling of hopelessness or of being alone.

What You Can Do

- Get help: Find a trusted adult
- Remember, it's not your fault.
- Don't judge, mock, lecture or put down.
- Don't get over involved: know your limitations.

The Maine Youth Suicide Prevention Program is an initiative led by the Maine Center for Disease Control & Prevention, Department of Health & Human Services.

Local Resources You Can Use . . .

(school counselor, teacher, trusted adult or relative)

Maine Crisis Hotline

1-888-568-1112

Maine Youth Suicide Prevention
It's Up to All of Us!
www.mainesuicideprevention.org

Life



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