SUICIDE PREVENTION LIFELINE

If you are not in immediate danger because of thoughts of suicide, but need someone to talk with about your suicidal feelings, please do not hesitate to call one of the following national suicide prevention lines:

1-800-SUICIDE (1-800-784-2433)

1-800-273-TALK (1-800-273-8255)

Suicide Prevention Lines

You may call these suicide prevention numbers from anywhere in the United States, 24 hours a day. People are waiting to help you. Call a suicide prevention number right now if you need to. And always remember that it is never okay to act on your thoughts of suicide- Never. PLEASE, call a suicide prevention number now if you need to.

Never act on your thoughts of suicide.

Extensive suicide prevention hotline numbers, categorized by country or state, can be found on the **Suicide Prevention Hotlines** pages of this web site.

Go to the **Suicide Prevention Hotlines** index page now if you need to.

Suicide is never the answer.

Getting help is the answer.

FOR MORE ON TEEN SUICIDE http://www.teensuicide.us/articles2.html

Teen suicide warning signs It is important to take the warning signs of teen suicide seriously and to seek help if you thing that you know a teenager who might be suicidal. Here are some of the things to look for:

- Disinterest in favorite extracurricular activities
- Problems at work and losing interest in a job
- Substance abuse, including alcohol and drug (illegal and legal drugs) use
- Behavioral problems
- Withdrawing from family and friends
- Sleep changes
- Changes in eating habits
- Begins to neglect hygiene and other matters of personal appearance
- Emotional distress brings on physical complaints (aches, fatigues, migraines)
- Hard time concentrating and paying attention
- Declining grades in school
- Loss of interest in schoolwork
- Risk taking behaviors
- Complains more frequently of boredom
- Does not respond as before to praise

Not all of these teen suicide warning signs will be present in cases of possible teen suicide. There are many cases in which a good student commits suicide. It is important to watch for two or three signs as indications of depression, or even teen suicidal thoughts.