

## Warning Signs

- ◆ Feeling sad or withdrawn for more than 2 weeks.
  - ◆ Severe out-of-control, risk-taking behaviors.
  - ◆ Sudden overwhelming fear for no reason.
- ◆ Severe mood swings that cause problems in relationships.
- ◆ Drastic changes in behavior, personality or sleeping habits.
  - ◆ Extreme difficulty concentrating or staying still.
  - ◆ Intense worries or fears.
- ◆ Trying to harm or kill oneself or making plans to do so.
- ◆ Not eating, throwing up or using laxatives to lose weight.
  - ◆ Repeated use of alcohol or drugs.

**IF YOU NOTICE THESE WARNING SIGNS, TALK TO A TRUSTED ADULT.**

**If you or someone you know is in danger of harming themselves or others call:**

**National Suicide Prevention Lifeline at 1-800-273-8255**

### **Crisis Text Line**

**free, confidential 24-hour service accessible via the number 741741**

### **Crisis Prevention and Response Team**

**is available to assist with someone who is experiencing, or is at risk of, a psychological crisis, and requires mental health intervention. Call 914-925-5959 or visit their website**

**[www.stvincentswestchester.org/outpatient-programs/crisis-prevention-and-response-team](http://www.stvincentswestchester.org/outpatient-programs/crisis-prevention-and-response-team)**

### **Teen Line:**

**Open 9 p.m.-1 a.m. ET**

**310-855-HOPE (4673)**

**OR text "TEEN" to 839863**

**(8:30 p.m.—12:30 a.m.)**

### **Helpful Websites:**

[www.strengthofus.org](http://www.strengthofus.org)

[www.reachouthere.com](http://www.reachouthere.com)

[www.ok2talk.org](http://www.ok2talk.org)

[www.teenshealth.org](http://www.teenshealth.org)

[www.eachmindmatters.org](http://www.eachmindmatters.org)

<http://www.suicideispreventable.org/>

<http://www.halfofus.com/>

