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# warning signs of suicide and how to help

## KNOW THE WARNING SIGNS:

- 1 Feeling worthless, empty, or trapped, and experiencing extreme mood swings
- 2 Withdrawing from friends and family
- 3 Increasing use of substances like drugs and alcohol
- 4 Expressing hopelessness or wanting to die
- 5 Giving away beloved items
- 6 Eating or sleeping more or less

## HELPING OUR YOUTH

- **Be there.** Your presence alone can help keep someone safe.
- **Ask.** Encourage them to talk to you and express how they are feeling.
- **Connect.** Help them contact support services like the National Mental Health Hotline (988) and Sheppard Pratt's Psychiatric Urgent Care (410-938-5302).
- **Remember: stress is normal.** Help them deal with stress in healthy ways like exercising, seeing a therapist, meditating, and getting plenty of sleep.
- **Follow up.** Even if they seem to be doing well, check in. Our struggles are not always visible.

## YOU ARE NOT ALONE. HELP IS ALWAYS AVAILABLE.

### Call, text, or chat the 24/7 **988 Suicide and Crisis Lifeline.**

Trained counselors are standing by to assist those experiencing a suicidal, substance use, or mental health crisis.

### Sheppard Pratt's Psychiatric Urgent Care

clinics in Towson and Elkridge provides immediate psychiatric triage for those in need. Visit [sheppardpratt.org](https://www.sheppardpratt.org) to learn more.

### Sheppard Pratt's Care Navigation Team

provides free behavioral health screenings, referrals, and outpatient appointment scheduling. Call **410-938-5000** to speak with a Care Navigator.



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