

CALL OR TEXT THE  
CALIFORNIA YOUTH CRISIS LINE  
24 HOURS A DAY, 7 DAYS A WEEK AT:

1-800-843-5200

STUDENTREACH.ORG/SUICIDE  
HOTLINES, CHAT AND MORE



#EVERYONECOUNTS

STUDENTREACH.ORG



/STUDENTREACHINC

# CAUSES CONCERN FOR



STUDENTREACH.ORG/SUICIDE  
HOTLINES, CHAT AND MORE



## THE STUDENT TALKS ABOUT...

KILLING THEMSELVES  
FEELING HOPELESS  
HAVING NO REASON TO LIVE  
BEING A BURDEN TO OTHERS  
FEELING TRAPPED  
UNBEARABLE PAIN

## BEHAVIORS CHANGES...

INCREASED USE OF ALCOHOL OR DRUGS  
WITHDRAWING FROM ACTIVITIES  
ISOLATING FROM FAMILY AND FRIENDS  
SLEEPING TOO MUCH OR TOO LITTLE  
VISITING OR CALLING PEOPLE TO SAY GOODBYE  
AGGRESSION OR FATIGUE



## EMOTIONAL DISTRESS

DEPRESSION  
ANXIETY  
LOSS OF INTEREST  
IRRITABILITY  
HUMILIATION/SHAME  
AGITATION/ANGER  
RELIEF/SUDDEN IMPROVEMENT

## HEALTH...

BIPOLAR DISORDER  
SCHIZOPHRENIA  
AGGRESSION, MOOD CHANGES  
AND POOR RELATIONSHIPS  
CONDUCT DISORDER  
CHRONIC PAIN  
TRAUMATIC BRAIN INJURY



## ENVIRONMENT

ACCESS TO LETHAL MEANS  
INCLUDING FIREARMS AND DRUGS  
PROLONGED STRESS, SUCH AS BULLYING,  
RELATIONSHIP PROBLEMS, REJECTION, DIVORCE,  
OR OTHER LIFE TRANSITIONS OR LOSS  
EXPOSURE TO ANOTHER PERSON'S SUICIDE OR  
SENSATIONALIZED ACCOUNTS OF SUICIDE

## FAMILY HISTORY

FAMILY HISTORY OF SUICIDE  
CHILDHOOD ABUSE, NEGLECT OR TRAUMA  
FAMILY HISTORY OF ADDICTION  
PREVIOUS SUICIDE ATTEMPTS

