# How to Prevent Youth Suicide - Youth Version

**If you or someone you know is experiencing severe emotional distress or is suicidal, GET HELP IMMEDIATELY by contacting one or more of the following:**

* Call **911** or your local crisis line
* [National Suicide Prevention Lifeline](https://988lifeline.org/): **988**
* [National Suicide Prevention Lifeline En español:](https://988lifeline.org/es/home/) **988**
* Crisis Text Line (**text “HOME” to 741741**)
* **The** [**Teen Line: 1-310-855-HOPE (4673)**](https://teenlineonline.org/)
* National Youth Crisis Hotline: **1-800-448-4663**
* [Find Crisis Services in Your County](https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SAFELIVING/SUICIDEPREVENTION/Pages/crisislines.aspx)
* Substance use help: [**1-800-662-HELP (4357)**](https://www.samhsa.gov/)
* For Peers:  [**warmline.org**](http://warmline.org/) links to warmlines in every state or chat [**Lifeline Crisis Chat**](http://crisischat.org/) or [**Crisis Text Line**](http://crisistextline.org/).
* For Youth: [Oregon Youthline](http://oregonyouthline.org/) or call **877-968-8491** or **text “teen2teen” to 839863**
* For LGBTQ2SIA+ Youth: [The Trevor Project website](http://www.thetrevorproject.org/) or call **(866) 488-7386** for a 24-hour toll-free suicide hotline *or* [*Trans Lifeline*](http://www.translifeline.org/) *at* ***1–877–565–8860****.*
* For Native Youth: [WeRNative](https://www.wernative.org/), [You are Not Alone Network](http://www.youarenotalonenetwork.org/)
* When a Friend Dies: [Guidelines for Students](http://www.sptsusa.org/wp-content/uploads/2015/05/friend-death-guidelines.pdf)

Emotions like fear, sadness, anger, frustration and worry are natural responses. It is important to remember that **everyone reacts differently to stressful situations, and that you are never alone.**

## Things you can do to take care of yourself

There are things that you can do when you feel distressed, overwhelmed or in a state of panic.  These might include:

* Taking breaks from watching television or listening to, watching or reading the news, and being aware of how social media affects your mood.
* Making time to communicate regularly with friends and family online, or by telephone or text.
* Doing your best to get plenty of sleep, eat healthy meals and exercise regularly.
* Taking time to relax, unwind, do things that you enjoy or try something new.
* Talking with trusted adults about concerns and feelings.
* Avoiding alcohol and drugs.
* Making a list of things that you like to do, or people that you can talk to over the phone, text, chat, or social media, and consider creating a regular schedule of activities each day.

## When to ask for help

**Youth suicide** is a leading cause of death among school-aged children and teens. Students may feel alone, afraid and unsure of what to do. It is natural to experience signs of distress such as:

* Fearing for and worrying about your health and the health of friends, family and loved ones.
* Feelings of sadness, depression or a lot of irritability.
* Feelings of hopelessness or ongoing worries about the future.
* Feeling a lack of interest in activities that you used to enjoy.
* Having significant changes in your appetite or weight.
* Having significant changes in your sleep patterns.
* Feeling that you’re too tired to move, work or play most of the time.
* Feeling hyper or agitated most of the time, or having a very hard time relaxing.
* Feeling worthless or very guilty.
* Having a very difficult time concentrating and making decisions.
* Having thoughts of or plans to hurt yourself or others.

**If you find yourself feeling overwhelmed a lot, or frequently experiencing three or more of these signs of distress, it is important to talk with someone or to ask for help.**

**You can speak with teen peers at YouthLine. Call 877-968-8491, text teen2teen to 839863, or visit** [**the YouthLine website**](theyouthline.org) **to chat.**

**Remember that you are never alone, and there are people waiting to support you at any time.**