

Mental Health and Social Supports

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](#) in English: **1-800-273-TALK**
- [National Suicide Prevention Lifeline](#) en español: **1-888-628-9454**
- [Crisis Text Line](#) in English: **Text "OREGON" to 741741**
- [Crisis Text Line](#) en español: **Texto con la palabra "AYUDA" to 741741**
- Crisis Text Line for those who are experiencing the trauma of racism: **Text "Indigenous" to 741741**
- [Teen Line](#): **1-310-855-HOPE (4673)**
- National Youth Crisis Hotline: **1-800-448-4663**
- [Find Crisis Services in Your County](#)
- Substance use help: **1-800-662-HELP (4357)**
- For Peers: [Links to warmlines in every state](#), [Lifeline Crisis Chat](#)
- For Youth: [Oregon Youthline](#), call **877-968-8491**, text **"teen2teen" to 839863**
- For LGBTQ2SIA+ Youth: [The Trevor Project](#), call **866-488-7386** for a 24-hour toll-free suicide hotline, call [Trans Lifeline](#) at **1-877-565-8860**
- For Native Youth: [Native Crisis Text Line](#), text **"Native" to 741741**, [WeRNative](#), [You are Not Alone Network](#)
- When a Friend Dies: [Guidelines for Students](#)

Emotions like fear, sadness, anger, frustration and anxiety are natural responses to the COVID-19 outbreak. Many of us will experience some or all of these emotions and others as we cope with the novel Coronavirus. 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; playing video games; 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.

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- Talking with trusted adults about concerns and feelings.
- Avoiding alcohol and drugs.
- Having conversations about things other than the Coronavirus outbreak.
- 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 the leading cause of death among school-age children and teens. Particularly during the school closure, students may feel alone, afraid and unsure of what to do. At this time, 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 Lines for Life at: 503-575-3760, Text teen2teen 839863, Chat www.oregonyouthline.org.

When we feel overwhelmed, we might believe that things will never change. But remember that the COVID-19 outbreak will end at some point. Most importantly, remember that you are never alone, and there are people waiting to support you at any time.

See the crisis hotlines, chat and online resources at the top of the first page.