♥2♥ FOR ADULTS

TALK heart 2 heart

They're Talking About Suicide.

Now What?

When a teen talks about suicide, it can feel overwhelming. You don't have to have all the answers. Start by being there and helping them find support.

NOTICE



Watch for changes in behavior, such as:

- Changes in mood
- Feeling hopeless or like a burden
- Isolating from friends or family
- Losing interest in things they enjoy

TALK



Start an open conversation. Ask how they're feeling, listen without judgment, and let them know you're there.

CONNECT



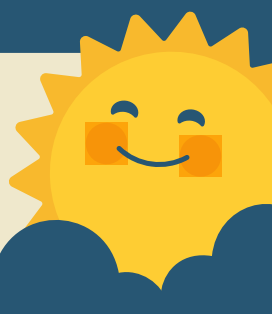
Help them connect with a trusted adult, counselor, or mental health professional.

Being there can be the first step toward help.

NEED SUPPORT?

Call 988 (press 2 for Spanish) or
text 988 (AYUDA for Spanish)

talkheart2heart.org/notice-talk-connect



♥2♥ FOR TEENS

TALK heart 2 heart

Worried About a Friend?

Start Here.

If a friend is struggling or talking about suicide, you may not know what to say or how to help. You don't have to have all the answers. Being there, listening, and helping them find support can make a difference.

NOTICE

Pay attention if your friend:

- Pulls away from friends or things they enjoy
- Talks about feeling hopeless or like a burden
- Talks about death, suicide, or hurting themselves
- Says they don't want to be here

TALK

Let your friend know that you care. Listen without judgment and take them seriously. A simple "I'm here for you" and "let's find someone who can help" can mean more than you think.

CONNECT

You don't have to handle this alone. Tell a trusted adult and stay by your friend's side as they find support.

Worried about their immediate safety? Stay with them and get help right away.

NEED SOMEONE TO TALK TO?

Call 988 (press 2 for Spanish) or text 988 (AYUDA for Spanish)

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