

THERE ARE A NUMBER OF SIGNS INDICATING CONCERN, HERE ARE 3 TO WATCH FOR:

HELPLESSNESS

A FEELING LIKE NO MATTER HOW HARD YOU TRY, YOU CAN'T CHANGE THE STRESSFUL SITUATIONS AROUND YOU



Examples:

- "I can never do anything right"
- "It will never change"
- "Pretty soon my troubles will be over"
- "No one cares"
- Feeling powerless

HOPELESSNESS

A FEELING THAT CONDITIONS WILL NEVER IMPROVE, THAT THERE IS NO SOLUTION TO A PROBLEM.



Examples:

- "I can't see any way out"
- "Things will never get better"
- "I will never get over what happened"
- "I'm worthless"
- Sudden change in personal hygiene

A BURDEN

A FEELING AS THOUGH YOUR EXISTENCE IS CAUSING ISSUES FOR OTHERS.



Examples:

- "I just cause trouble"
- "It's all too much work"
- "I don't want to cause more struggles"
- Sudden change in interactions with others or withdrawing
- Giving treasured items away

**For immediate help please contact call
1-800-273-8255 or text HOME to 741741.**

Additional resources at:

www.suicideispreventable.org & suicidepreventionlifeline.org