

# Some Warning Signs During Virtual Learning



## SIGNS OF HELPLESSNESS

- "It will all be over soon"
- "Why bother?"
- "What's the point"
- "I can't do it"
- "I can't change anything"
- "Nothing ever goes my way"
- "I can never catch a break"
- "Bad things always happen to me"

## SIGNS OF HOPELESSNESS

- "I will never get it right"
- "There's no point in anything anymore"
- "Nothing is ever going to change"
- "Nothing is going to make me better"
- "What's the point of living"
- "Can this be over now?"



## BURDENSOME IDEALS

- "It would be better if I just wasn't here anymore"
- "Everyone would be better off without me"
- "I'm the problem"
- "Don't worry, I won't be a problem much longer"



## Resources:

National Suicide Prevention Lifeline

1-800-273-8255

Crisis Text Line

Text HOME to 741741

Website

[www.suicideispreventable.org](http://www.suicideispreventable.org)